

METHODS TO USE BROWN RICE

How to Cook Brown Rice

Brown rice is higher in fiber, protein, and antioxidants. The only difference when cooking brown rice is that it takes a little longer. The ratio of water to rice is 2:1. Two cups of water to every 1 cup of dry rice.

First, rinse your rice as it has a lot of small particles on it and rinsing will improve the texture. Next, bring your water and rice to a boil in a saucepan. Once the rice comes to a boil, cover the pot with a lid and lower the heat to a simmer. Next, set your timer to 45 minutes and let cook without peeking! Lastly, turn off the heat and let rest for 15 minutes. Enjoy!



1 Combine rice with salsa and 1 can black or pinto beans. Be sure to rinse and drain the beans. You can enjoy this meal as a grain bowl! Top with avocado, chopped lettuce, or fill a tortilla for a burrito.

6 Scramble 2 eggs, add 1 cup of brown rice, leftover cooked veggies, chopped scallions, and a little soy sauce for a quick and easy stir fry!

2 Heat a large skillet with 2 tablespoons oil. Add 3 cups brown rice and allow to cook 10 minutes without stirring. A crunchy crust will begin to form. Crack 4 eggs on top, cover, and allow the eggs to set, about 10 minutes. Top with cilantro and hot sauce.

7 Toss brown rice into soups or chili for healthy and satisfying filler!

3 Mix your rice into ground meat with spices and chopped onion to form a meatloaf or meatballs!

4 Enjoy your rice as a hot cereal! Combine 1/3 cup of cooked brown rice with 1/4 cup of oats, milk, dried fruit, cinnamon, and a sprinkle of sweetener. Microwave for 1 minute. You may add more seasonings or milk to your desired flavor!

5 Combine rice with cooked mushrooms, onions, raisins, and dried herbs for a savory side dish to pair with your favorite meal.

