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.

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.

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.

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!

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