

# HOW TO PREPARE BROWN RICE



1

Rinse the rice.

Add water and rice in pot. Use twice as much water.

2



3

Add seasonings of choice.



Bring rice to a boil and cook for 30 minutes.

4



Turn over for a delicious recipe you can try at home!

# RECIPE

## Easy Rice

Makes 4 Servings



### INGREDIENTS

- 1 cup uncooked brown rice, rinsed and drained
  - 1¾ cups water
  - ½ teaspoon salt or other seasoning blend of your choice
1. Pour water and salt into a medium size pot and cover with lid. Bring to a boil.
  2. Pour rice into boiling water. Stir once to separate the rice.
  3. Turn down the heat to low. Cover the rice and cook for about 30-45 minutes.
  4. Remove from heat but keep the lid on. Allow the rice to steam in the pot for another 5 minutes.
  5. Fluff rice with a fork before serving.

*Recipe adapted from  
Real Simple*

### Try these add-in tips to make a flavorful rice dish.

- Add frozen vegetables to the rice pot during the last five minutes of cooking time.
- Mix in some salsa for a Tex-Mex flavor.
- Add a scrambled egg and vegetables for a healthy fried rice.
- Mix in chopped tomatoes and cilantro.
- Mix in shredded cheddar cheese for cheesy rice.
- Add sliced sausage, ground beef, or turkey to make a one-pot meal.
- Add garlic salt, basil, hot sauce, or soy sauce for a flavor boost.

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