

Brown Rice

Each method makes 3 cups

Rice Cooker

1 cup brown rice
2 1/4 cups water at room temperature



Place rice and water in rice cooker. Turn unit on, put on cover, and cook for 45 minutes.

Stove Top

1 cup brown rice
2 1/4 cups boiling water

Place rice and water in a covered, medium-sized pot . Bring to a boil and reduce heat to lowest setting. Cook for 35 minutes.

Pilaf Method (Stove Top II)

1 t canola oil
1 cup brown rice
Herbs and spices as desired
2 1/4 cups boiling water

Heat oil on medium for 30 seconds. Add rice and other desired herbs and spices. Sauté for 2-3 minutes stirring periodically. Add half of water, stir for 10 seconds until boiling subsides, then add remainder of water. Cover pot, bring to a boil, reduce heat to lowest setting. Cook for 35 minutes.

Nutrition information per serving (2/3 cup): 162 calories, 1.5g fat (0g saturated fat), 4g protein, 10mg sodium, 3g dietary fiber.

