

Minute Brown Rice

Makes 3 cups



Stove Top

1.5 cups Minute (par-boiled) brown rice

1/4 t salt

1.5 cups boiling water + 1 T included to account for evaporation*.

Pour boiling water over rice. Cover. Bring water back up to a boil. Reduce to a simmer and continue to heat for 5 minutes. Turn off heat and let stand for an additional five minutes. Remove cover, fluff rice, and serve.

Pilaf Method (Stove Top II)

2 t canola oil (or flavored oil such as sesame

1.5 cups Minute (par-boiled) brown rice

1/4 t salt

Herbs and spices as desired (2 t paprika + 1 t chili powder or 2 t sesame oil + 1 t garlic powder[^])

1.5 cups boiling water + 1 T included to account for evaporation*.

Heat oil on medium for 15 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. Bring water back up to a boil. Reduce to a simmer and continue to heat for 5 minutes. Turn off heat and let stand for an additional five minutes. Remove cover, fluff rice, and serve.

Nutrition information per serving (2/3 cup): 150 calories (135 calories for "stove top" method without oil), 1.5g fat (0g saturated fat), 3g protein, 150mg sodium, 2g dietary fiber.

*When scaling this recipe up for more servings do not multiply the water for evaporation.

[^]Sesame oil adds another 1.5 grams of unsaturated fat per serving



University
Health
Center

