



Brown Rice

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 teaspoon oil
- 1 cup long grain brown rice
- 2 cups water
- Optional: Use broth instead of water
- Pinch of salt
- Optional: Add 1 teaspoon of your favorite herbs and spices for more flavor.

DIRECTIONS

1. Add 1 teaspoon oil in a large saucepan on medium heat.
2. Add rice, water or broth, salt, and optional herbs and spices.
3. Stir lightly and bring to a rolling boil. Reduce heat to simmer. Cover and simmer for 35 – 45 minutes, or until water is absorbed.
4. Remove from heat. Let stand covered for 5 minutes. Fluff with fork before serving.

*Note: These instructions are for long grain brown rice. Cooking time/instructions may vary depending on the type of rice you purchase and your stove.

| Nutrition Facts | |
|------------------------------------|------------|
| 6 servings per container | |
| Serving size 1/2 cup (111g) | |
| Amount per serving | |
| Calories | 120 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 5mg | 0% |
| Iron 0mg | 0% |
| Potassium 77mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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