



Brown Rice

🕒 1 hour 🍴 6 servings

Ingredients

1 cup Brown rice
3 cup Water
1/2 tsp Salt

Nutrition (estimate per serving)

Calories	115 kcal	Fat	1 g
Carbohydrates	23 g	Protein	2 g
Fiber	1 g	Sugar	0 g
Cholesterol	0 mg	Sodium	104 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	14 mg	Iron	1 mg

Directions

- 1 Rinse brown rice: place brown rice in a colander or mesh sieve and run cold water directly through the rice, shaking it as the water runs through, until the water comes through the rice clear.
- 2 Combine brown rice, water, and salt in a medium saucepan. Cover with lid and bring to a boil over high heat, then reduce heat and simmer about 45 minutes until all liquid is absorbed.
- 3 Once all water has been absorbed, turn off heat and allow rice to rest another 5-10 minutes, then fluff with a fork and serve.

Notes

Total time: 60 min

Prep time: 5 min | Cook time: 50-55 min

Serving Size

1/2 cup

Pro Tip

To give rice a nutty flavor, toast rice in dry pan or with a small amount of oil for 3-5 minutes before adding water and salt.

Cooking Equipment

Colander or mesh sieve | Medium saucepan with lid

Leftovers

Refrigerate in airtight container up to 5 days; use for fried rice or rice pudding if desired. Freeze rice after cooling completely in plastic Ziploc bag or airtight container up to 3 months.

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