



White Rice

🕒 20 minutes 🍴 4 servings

Ingredients

1 cup Long grain white rice
2 cup Water
1/2 tsp Salt

Nutrition (estimate per serving)

Calories	169 kcal	Fat	0 g
Carbohydrates	36 g	Protein	3 g
Fiber	1 g	Sugar	0 g
Cholesterol	0 mg	Sodium	299 mg
Vitamin A	0 IU	Vitamin C	0 mg
Calcium	17 mg	Iron	0 mg

Directions

- 1** Rinse rice: place white rice in a large bowl and add water to completely submerge rice. Stir the rice around with your hand or a spoon, then drain it through a colander or mesh sieve. Repeat once or twice until water is clear when drained.
- 2** Add rice, water, and salt to small saucepan. Cover, turn up heat to bring to a boil, then reduce heat and simmer 15-18 minutes until all water has been absorbed.
- 3** Turn off heat and let rice sit another 10 minutes, then fluff with a fork and serve.

Notes

Total Time: 20-25 min

Prep time: 1-2 min | Cook time: 20-25 min

Serving Size

3/4 cup

Pro Tip

For more tender rice, add 1/4 cup water for each cup of rice. For chewier rice, reduce water by 1/4 cup for each cup of rice. Don't blend different types of rice because they cook at different rates and will not cook evenly.

Cooking Equipment

Large bowl | Mesh strainer | Small saucepan with lid

Leftovers

Refrigerate in an airtight container for up to six days, or freeze for up to three months.

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