

Two Methods to Cook Brown Rice

THERE ARE THREE DIFFERENT TYPES OF BROWN RICE. SHORT GRAIN, LONG GRAIN, AND BASMATI ARE THREE KINDS. ALL OF THESE CAN BE PREPARED USING THE DIRECTIONS BELOW.

RINSE THE RICE IN A FINE MESH STRAINER UNDER COLD WATER PRIOR TO COOKING

Stovetop Method

(makes about 5½ cups cooked)

Ingredients

- 2 cups (uncooked) brown rice, medium or short grain
- 4 cups of water
- Pinch of salt

Directions

1. Rinse and drain rice. Place rice in a medium pot with salt and bring to a boil. Turn heat to low.
2. Cover pan and let rice simmer for 45 to 50 minutes until the water is gone.

Do not stir the rice while it is cooking

Microwave Method

(makes about 5½ cups cooked)

Ingredients

- 2 cups (uncooked) brown rice, medium or short grain
- 4 cups of water
- Pinch of salt

Directions

1. Place the rice in a microwave-safe bowl and add water.
2. Cover the bowl with a lid or plate and microwave on high for 10 minutes.
3. Let the rice sit in the microwave for an additional 5 minutes.
4. After 5 minutes, fluff the rice with a fork.

****Place any extra cooked brown rice in an airtight container and refrigerate for up to a week or freeze for up to 18 months.****

Sources: www.wasnap-ed.org and www.brilliantkitchen.com