

Brown Rice

THE
UNIVERSITY
OF RHODE ISLAND



Ways to Enjoy Brown Rice:

- **Pair with lean proteins** – Combine brown rice with grilled chicken, fish, tofu, or beans for a balanced meal.
- **Add colorful veggies** – Mix in sautéed, steamed, or roasted vegetables to boost fiber, vitamins, and minerals.
- **Use healthy cooking methods** – Cook in low-sodium broth or with herbs and spices instead of butter or heavy sauces for extra flavor.
- **Try versatile recipes** – Use brown rice in grain bowls, stir-fries, soups, or salads to keep meals satisfying and varied.

Preparing Brown Rice:

1. **Use the right ratio** – Combine 1 cup brown rice with about 2 $\frac{1}{4}$ –2 $\frac{1}{2}$ cups water or broth. Be sure to read the package.
2. **Simmer gently** – Bring to a boil, then cover and simmer on low for about 40–50 minutes.
3. **Let it rest** – After cooking, remove from heat and let stand (covered) for 10 minutes for fluffier rice.
4. **Fluff and serve** – Use a fork to fluff the rice before serving.

Choose parboiled brown rice or “minute” rice for a quick and easy shortcut.

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How to Cook Brown Rice

Cook Time: About 55 minutes

Ingredients

- 1 cup long grain brown rice
- 2 cups water
- 1 teaspoon salt (optional)



Directions

1. Combine the rice and water in a pot with a tight-fitting lid. Stir in salt (if using).
2. Bring to a boil over medium-high heat. Reduce heat to bring rice to a low simmer.
3. Once the rice has reached a low simmer, cover and let simmer for 45 minutes. Do not remove the cover to check rice during cooking.
4. After the 45 minutes, remove the cover and check to make sure all water has been absorbed. If there is more than a tablespoon of water, cover the rice and cook for 5 more minutes.
5. Remove the pot from the heat. Cover and let stand for 10 minutes.
6. Use a fork to fluff the rice. Serve and enjoy!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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