



Brown Rice

3 Prep and cooking tips

- Rinse the uncooked brown rice prior to cooking. Make sure that you have a pan with a tight-fitting lid to cook the brown rice in.
- To boil brown rice, add in 1 cup of brown rice and 2 cups of water and bring to a boil. Once it begins to boil, cover with a tight lid and place on simmer for 30-40 minutes, if using medium-grain brown rice, or 40-50 minutes, if using long-grain brown rice.
- When the rice is done cooking, make sure to keep the lid on and set aside for 10-15 minutes and then fluff with a fork.

2 Shopping and storage

- Cooked brown rice can be stored in the refrigerator for 4 days or in the freezer for 6 months. Uncooked brown rice has a shorter shelf life than white rice and maintains its quality for about 6 months.
- When shopping for brown rice keep in mind that long grain can be a fluffier rice to cook with, but you can also purchase medium grain brown rice as well.

1 Nutrition Fact:

- Brown rice is a whole grain that contains fiber, which helps keep you full and can aid in regular bowel functions such as preventing constipation.

Go!

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