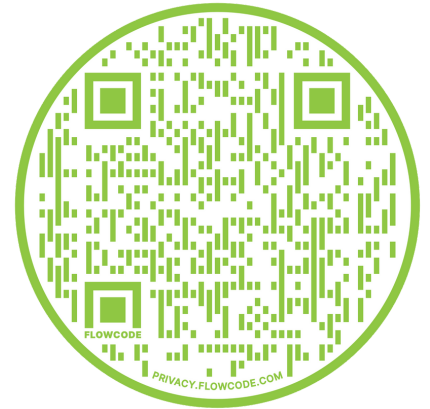


cooking brown rice

directions

Yields 3 cups cooked brown rice

1. Rinse one cup of rice in a strainer and put into a pot with 2 cups of water.
2. Cover and bring to a boil. Once boiling, reduce heat and simmer on very low heat for 45 minutes or until all water has been absorbed by the rice
3. Let stand, covered, for 10 minutes before serving.



Scan for Cooking Video!

time-saving tips



- Prepare rice in batches and store for later use.
- To avoid spoilage, don't leave cooked rice out at room temperature for more than 1 hour after cooking. Once cooked, allow some of the steam to escape before storing it in an airtight container in the fridge. Cooked rice will last up to six days in the refrigerator.
- To freeze cooked rice, simply pack the rice into an airtight container and freeze for up to one month for best results.

Adapted from: How to Cook Rice | Allrecipes