

Quick & Easy Brown Rice

Batch Cooking



Use as a side dish, or in your favorite recipes that call for brown rice.

INGREDIENTS

1 cup brown rice

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2 1/2 cups:

water *or* low sodium
chicken/ vegetable broth

DIRECTIONS

1. In a large saucepan, combine water or broth with the brown rice and bring to a boil.
2. Reduce heat, cover and simmer for about 40 to 50 minutes - Until most of the liquid is gone and the rice is tender.
3. Let stand 5 minutes. Fluff the rice with a fork.

NOTES

Refrigerate for 4 to 5 days

Freeze for up to 6 months