

Short Grain Brown Rice

DIRECTIONS

- 1 Wash rice; place 1 cup brown rice in a saucepan with $\frac{1}{4}$ teaspoon salt and 2 $\frac{1}{2}$ cups water. Bring to a boil, then turn down to a simmer in a covered pan for 50 minutes. Remove from heat and let sit 10 more minutes.

Options

You can substitute $\frac{1}{2}$ cup of another whole grain to make a variety of flavors, such as barley, wheat or rye berries, millet, or buckwheat. If you do this, you will need to add $\frac{1}{2}$ cup extra water.

It's good to make a big enough pot of rice to have some leftovers. This allows a few quick dishes to be made in the next two days.

Other uses for brown rice:

- ~ In hot cereal, bring 1 cup to a simmer with water and raisins, top with coconut and grain or regular milk. Top with nuts or a soft cooked egg.
- ~ Add $\frac{1}{2}$ cup to smoothies with a few nuts for protein instead of protein powder.
- ~ Make a stir-fry with vegetables and meat or plant protein such as tofu, tempeh, mocksluck, or nuts.
- ~ Add 1 cup to a pot of soup.
- ~ Mix into beans or meat for taco, enchilada, or burrito filling.
- ~ Combine with ground beef, pork, or turkey for burgers or meat loaf.
- ~ Whip up an egg, vegetable, and rice scramble.

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