



# 7 Ways to Use Brown Rice

1. Combine with salsa and 1 can black or pinto beans, rinsed and drained. Enjoy as a grain bowl topped with avocado and chopped lettuce, or fill a flour tortilla for a burrito.
2. Heat a large skillet with 2 tablespoons oil. Add 3 cups brown rice and allow to cook 10 minutes without stirring. A crunchy crust will begin to form. Crack 4 eggs on top, cover, and allow the eggs to set, about 10 minutes. Sprinkle cilantro and hot sauce on top.
3. Mix into ground meat with spices and chopped onion and form meatloaf or meatballs.
4. Enjoy as a hot cereal. Combine  $\frac{1}{2}$  cup cooked brown rice with  $\frac{1}{4}$  cup oats, milk, dried fruit, cinnamon, and a little sweetener. Microwave for 1 minute. Adjust seasonings and add more milk for desired creaminess and flavor.
5. Combine with cooked mushrooms, onions, raisins, and dried herbs for a savory side dish.
6. Scramble 2 eggs, add 1 cup rice, leftover cooked veggies, chopped scallions, and a little soy sauce for a quick stir fry.
7. Toss into soups or chili for a satisfying filler.

## How to Cook Brown Rice

Cook brown rice like pasta! Fill a medium saucepan with water  $\frac{3}{4}$  to the top and bring to a boil over high heat. Add 1  $\frac{1}{2}$  cups rice, lower the heat slightly, and allow to slowly boil 20 minutes. Drain the water in a colander, return rice to the pan, and cover for 10 more minutes. Rice will be tender on the inside and chewy on the outside.

Rice Cooker: add 1 cup of brown rice to 1 cup of water. Set rice cooker to cook. This should yield 1 $\frac{1}{2}$  to 2 cups of cooked rice.



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