



Brown Rice

Makes 2 cups | 4 servings | Grains

Ingredients

- 1 cup dry brown rice, rinsed
- 1 ½ cups water or broth
- Dash of salt

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. In a medium saucepan, combine rice, water, and salt.
3. Place the lid on saucepan and bring rice to a boil.
4. Once rice comes to a boil, reduce the heat to medium low to maintain a gentle simmer and let cook for 35- 45 minutes.
5. Fluff the rice with a fork and serve.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/> 1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

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