

# Brown Rice

## Ingredients:

- 2 ½ cups low sodium vegetable broth
- 1 ¼ cup brown rice
- ¼ tsp. black pepper
- ½ tsp. extra virgin olive oil
- 2 ½ garlic cloves, minced
- 5 tbsp. green onion, chopped
- ¼ tsp. salt



## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 5

Amount Per Serving

**Calories** 190      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 40g      **13%**

Dietary Fiber 3g      **12%**

Sugars 1g

**Protein** 4g

Vitamin A 0%      • Vitamin C 6%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



\*VEGAN



\*SOY FREE



\*GLUTEN-FREE

## Directions:

1. Boil 2 ½ cup low sodium vegetable broth in saucepan.
2. Add 1 cup brown rice. Cover pan and simmer for 40 minutes, stirring occasionally making sure rice does not stick.
3. If vegetable broth evaporates before rice is tender add more water, ½ cup at a time. Check every 5 minutes after 40 minutes until rice is chewy but not mushy.