

Recipes Using Brown Rice



Brown Rice and White Rice Comparison

- Brown rice is a whole grain that contains the bran and the germ. It is high in nutrients.
- The calories and carbohydrates in white rice are filled with very few nutrients.
- Brown rice contains more fiber, antioxidants, vitamins and minerals than white rice.
- Brown rice helps reduce the amount of fat in the blood. It can lower blood pressure and inflammation.
- Brown rice may help lower blood sugar levels. White rice may increase the risk of type 2 diabetes.
- Brown rice may help increase antioxidant levels and reduce the risk of heart disease and obesity.

How to Cook Brown Rice

You will need:

1 cup dried brown rice 2 cups water or chicken broth salt, $\frac{1}{4}$ tsp. per cup of rice

Instructions:

- In a pan, bring rice, water and salt to a boil. Cover and reduce to a slow, steady simmer for 50 min.
- Remove from heat and let rest for 10 minutes, covered, to absorb maximum moisture.
- Remove lid, and fluff grains of rice with a fork.
- Cooked brown rice may be stored in a sealed container in the refrigerator for up to 4 days.
- Cooked brown rice may be stored in a sealed container in the freezer for up to 4 months.
- Whether refrigerated or frozen, reheat rice in microwave, covered, until steaming, 1 - 3 minutes.

Brown Rice Fruit Salad

You will need:

3 cups **COOKED** brown rice 1 (15 oz.) can mandarin oranges (drained) or 2 oranges peeled and cut into chunks
1/3 cup dried cranberries 2 green onions, chopped (use the mild green end of the onion)
1/3 cup diced celery $\frac{1}{4}$ cup parsley, chopped
Dressing: $\frac{1}{4}$ cup oil 2 tbsp. lemon juice 1 tsp. sugar $\frac{1}{4}$ tsp. cinnamon salt to taste

Instructions:

- Blend salad ingredients. Add dressing and mix gently. Add salt to taste.

Brown Rice Chicken Soup

You will need:

1 cup long grain brown rice 3 large celery ribs, cut into $\frac{1}{4}$ -inch slices 3 carrots, cut into $\frac{1}{4}$ -inch slices
1 large onion, coarsely chopped 3 $\frac{1}{2}$ to 4 lbs. chicken; whole or in pieces 2 tsp. salt, or to taste
1/3 cup packed fresh flat leaf parsley 3 quarts water freshly ground black pepper

Instructions:

- Combine onion, celery, carrots, chicken, rice and salt in a 6-quart pot. Add water and bring to a boil.
- Reduce heat cover and simmer, skimming off fat as needed, for 1 hour.
- Transfer chicken into a colander. When cool enough to handle, remove meat; discard skin and bones.
- Coarsely shred chicken and return to soup. Add parsley, salt and pepper to taste. Reheat and serve.

Brown Rice Quesadillas

You will need:

1 cup COOKED brown rice	$\frac{1}{2}$ cup salsa	$\frac{1}{2}$ cup Mexican blend or cheddar cheese
4 medium flour tortillas	cooking spray or oil	canned black beans, rinsed and drained; optional
sour cream	additional salsa	cooked and shredded chicken; optional

Instructions:

- Allow cooked brown rice to cool completely. Add cooled brown rice and salsa to a bowl.
- Mix together. Evenly divide the rice-salsa mixture over each flour tortilla.
- Evenly divide the cheese over tortillas. Add beans and/or chicken. Fold tortillas in half.
- Spray a 9-inch skillet with cooking spray, place over medium-low heat. Add one tortilla at a time.
- Spray the top of tortilla with cooking spray. Cook 2 - 3 minutes per side until cheese is melted.
- Cut in half and serve with salsa or sour cream.

Pork Fried Brown Rice

You will need:

1 (24 oz.) canned pork or 4 pork chops cut into pieces	2 tbsp. vegetable oil	$\frac{1}{2}$ cup chopped onion
2 chopped garlic cloves	6 cups COOKED brown rice	3 tbsp. soy sauce
		4 green onions, chopped

Instructions:

- If using canned pork, open can and remove excess fat. Remove juices if desired.
- If using pork chops, remove meat from bones and cut meat into pieces.
- In a large skillet, brown meat. Set aside. Add more oil to the pan if necessary.
- Add onion and garlic and cook until the onion is tender. Stir in rice, soy sauce, and pork.
- Continue cooking until all the ingredients are mixed and hot.
- You could also add carrots, peas, or other ingredients of choice. Sprinkle with chopped green onions.

Hearty Beans and Rice

You will need:

1 $\frac{1}{2}$ cups COOKED brown rice	1 (15 oz.) can black beans, rinsed and drained
1 (15 oz.) can whole kernel corn, rinsed	1 (14.5 oz.) can diced tomatoes with green chilies, undrained
1 lb. lean ground beef	$\frac{1}{4}$ cup water
	$\frac{1}{2}$ tsp. chili powder
	salt to taste

Instructions:

- In a large saucepan, cook beef over medium heat until no longer pink; drain.
- Stir in beans, tomatoes, corn, water, chili powder and salt. Bring to a boil. Stir in rice; return to a boil.
- Reduce heat. Cover and simmer for 5 min. Remove from heat; let stand, covered, for 5 minutes.

Chocolate Brown Rice Cookies

You will need:

$\frac{3}{4}$ cup brown rice	$\frac{1}{2}$ cup butter, softened	$\frac{3}{4}$ cup flour	1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup cocoa	1 tsp. vanilla	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tsp. baking soda	$\frac{3}{4}$ cup white chocolate chips	$\frac{3}{4}$ cup dried cranberries	

Instructions:

- Soak cranberries in warm water for 2 hours. Drain and set aside.
- Add $\frac{3}{4}$ cup brown rice to 3 cups water; bring to a boil and boil for 5 min.
- Cover and reduce heat to a slow, steady simmer for 50 minutes.
- Let rest for 10 minutes. Allow rice to **completely** cool. Preheat oven to 350 degrees.
- In a medium bowl, beat the butter, egg, sugar and vanilla until light and fluffy.
- In a small bowl, combine flour, cocoa, baking soda and salt. Add dry ingredients to butter mixture.
- Stir until almost blended. Add cooled rice and cranberries. Add white chocolate chips. Stir together.
- Drop by teaspoonfuls onto a parchment lined baking sheet. Bake for 11 min. until set around edges.
- Cool on baking sheet for 5 min. before transferring to a wire rack. Store in an airtight container.