

# Recipes Using Brown Rice



Neighbors, Inc., South St. Paul, MN

## 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

- Rinse rice in cold water to remove excess starch.
- Measure 1 cup of brown rice to 2 cups of water into medium saucepan. Stir in 1 tbsp. olive oil
- Bring to a boil, reduce heat. Cover and simmer for 40 - 45 minutes, **or until rice is tender.**
- Turn off heat and let covered pot sit for 10 minutes. Remove lid and fluff rice with a fork.

## Breakfast Rice Pudding

### You will need:

1 $\frac{1}{2}$ cups <b>COOKED</b> brown rice; cold	$\frac{3}{4}$ to 1 cup milk; any kind	1 tbsp. butter
$\frac{1}{2}$ to 1 tsp. ground cinnamon	2 tbsp. honey	$\frac{1}{2}$ banana; mashed
$\frac{1}{2}$ banana; sliced	garnishes; dried fruits, nuts, berries	

### Instructions

- In a small saucepan, combine rice, milk, butter, and cinnamon.
- Bring to a gentle simmer, stirring occasionally. Stir the  $\frac{1}{2}$  mashed banana and the honey.
- Cook about 1 minute to thicken. Divide the mixture between two bowls.
- Top with your choice of garnishes and the remaining banana slices.

## Brown Rice with Spinach

### You will need:

3 cups <b>COOKED</b> brown rice	1 tbsp. olive oil	1 tbsp. fresh thyme, chopped
1 small onion, finely chopped	2 cloves garlic, minced	$\frac{1}{2}$ tsp. salt $\frac{1}{4}$ tsp. black pepper
2 $\frac{1}{2}$ cups low-sodium chicken or vegetable broth	1 (8 oz.) bag spinach, roughly chopped	
$\frac{1}{4}$ cup grated Parmesan cheese; plus extra for serving	cooked chicken or meat of choice; optional	

### Instructions:

- Heat olive oil in a large pan over medium heat. Add onion and saute 5 - 6 minutes, until softened.
- Add garlic and saute another 30 seconds. Add the cooked rice, thyme, salt, and pepper.
- Stir to get the rice coated in the oils. Add chicken or vegetable broth and bring to a boil.
- Cover and lower the heat to medium low. Cook until the liquid is absorbed & the rice is cooked through.
- Add cooked meat of choice; optional. Add the fresh chopped spinach on top of the rice.
- Cover and let sit for 5 minutes off the heat.
- Stir the spinach into the rice and add the Parmesan cheese. Taste and adjust seasoning. Serve hot.

## 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    1/4 cup parsley, chopped  
**Dressing:**    1/4 cup oil    2 tbsp. lemon juice    1 tsp. sugar    1/4 tsp. cinnamon    salt to taste

### Instructions:

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

## Hearty Beans and Rice

### You will need:

1 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    1/4 cup water    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.
- Top with shredded Pepper Jack or other cheese of choice. Serve with flour tortillas or chips of choice.

## Pork Fried Brown Rice

### You will need:

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

### 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.

## Chocolate Brown Rice Cookies

### You will need:

1 cup **COOKED** brown rice    1/2 cup butter, softened    1 egg, beaten  
1/2 cup sugar    1 tsp. vanilla    3/4 cup all-purpose flour  
1/4 cup cocoa    1/2 tsp. baking soda    1/4 tsp. salt  
1/2 cup white chocolate chips    1/2 cup dried cranberries

### Instructions:

- Preheat oven to 350 degrees. In a medium bowl, add the butter, egg, sugar, and vanilla.
- Beat until ingredients are light and fluffy. Add the dry ingredients to the butter mixture.
- Stir until almost blended. Add the rice, white chocolate chips, and dried cranberries.
- Drop by spoonful onto a parchment-lined baking sheet.
- Bake for 12 - 14 minutes until set around the edges, but still soft in the middle.
- Cool on baking sheet for 5 min. before transferring to a wire rack. Store in an airtight container.