

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 COOKED brown rice; cold
 $\frac{1}{2}$ to 1 tsp. ground cinnamon
 $\frac{1}{2}$ banana; sliced

$\frac{3}{4}$ to 1 cup milk; any kind
2 tbsp. honey
garnishes; dried fruits, nuts, berries

1 tbsp. butter
 $\frac{1}{2}$ banana; mashed

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 COOKED brown rice
1 small onion, finely chopped
2 $\frac{1}{2}$ cups low-sodium chicken or vegetable broth
 $\frac{1}{4}$ cup grated Parmesan cheese; plus extra for serving

1 tbsp. olive oil
2 cloves garlic, minced

1 tbsp. fresh thyme, chopped
 $\frac{1}{2}$ tsp. salt $\frac{1}{4}$ tsp. black pepper
1 (8 oz.) bag spinach, roughly chopped
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.