



Brown Rice the Easy Way (Pasta Method)



Instructions

1. Rinse the brown rice very well under cold running water until the water runs clear.
2. Bring a **large pot of well salted water** to a rolling boil.
3. Add the rice and stir once.
4. Boil uncovered for **about 20 minutes**.
5. Taste a few grains. If they need more time, continue boiling a few more minutes.
6. Drain the rice in a sieve.
7. Let it steam dry for a minute, then serve.



Yield

- **1 cup uncooked brown rice → about 3 cups cooked rice**



Nutritional Value (per 1 cup cooked brown rice)

- Calories: **215**
- Carbohydrates: **45 g**
- Protein: **5 g**
- Fat: **1.8 g**
- Fiber: **3.5 g**
- Sodium: **10 mg** (without added salt)
- Net carbs: **41.5 g**