

## Brown Rice



### Storage

- Store rice on a shelf in a cool, dry place. For best quality, use within 6 months when stored on the shelf.
- Store opened rice in an air-tight container.
- Plain, unseasoned “cooked” rice needs refrigeration and should be eaten within a week or 6 months if frozen.
- Season rice and mixed dishes with rice need to be refrigerated and eaten in 2-3 days.

### Uses & Tips

- Regular brown rice cooks in 45-50 minutes; “quick-cooking” or “instant” brown rice takes less time to cook.
- Rice can be used in salads, side dishes such as stuffing, and main dishes (soups, casseroles, and stews).
- One cup of rice makes about 3 cups of cooked rice.
- American-grown rice is clean and does not need to be rinsed.
- Keep lid on pot while cooking rice. Avoid stirring rice while it is cooking.

- At the end of cooking, fluff rice with a fork to keep grains from sticking together.
- To reheat rice, add 2 tablespoons of liquid per cup of rice. Cover and cook about 5 minutes on top of stove or about 1 minute per cup of rice in microwave.

### **Rice Pudding** Serves 8.

3 cups cooked brown rice	1 Tbsp. margarine/butter
3 cups milk	1 tsp. vanilla
1/2 cup sugar	3/4 cup raisins (optional)

1. Combine rice, milk, sugar, and margarine.
2. Cook over medium-low heat until thickened, about 30 minutes, stirring often.
3. Add vanilla and raisins.
4. Pour into serving dish. Serve warm or cold. Refrigerate leftovers.

NUTRITION FACTS (per serving w/raisins) - Calories 230 ~ fat 2 g ~ calories from fat 20 ~ sodium 65 mg ~ total carbohydrate 46 g ~ fiber 2 g



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