

Steamed Brown Rice

Ingredients

- 4 cups water
- 3/4 tsp chicken base, low sodium
- 2-1/4 cups brown rice

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 368 calories, 3.36 g fat, 0.03 g saturated fat, 34 mg sodium, 74.99 g carbohydrate, 4.32 g fiber, 0 g sugar, 10.42 g protein

Directions

1. Combine water and chicken base, stirring until fully incorporated.
2. In a 9 x 13 inch pan, add rice until it reaches 1/4 of the way up the pan. Pour in water mixture until it covers the rice by a finger width.
3. Cover rice with foil and place in a 350° F oven for 15 - 20 minutes. Rice should be tender but not mushy.