

# Organic Long Grain Brown Rice

Country of Origin: USA

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

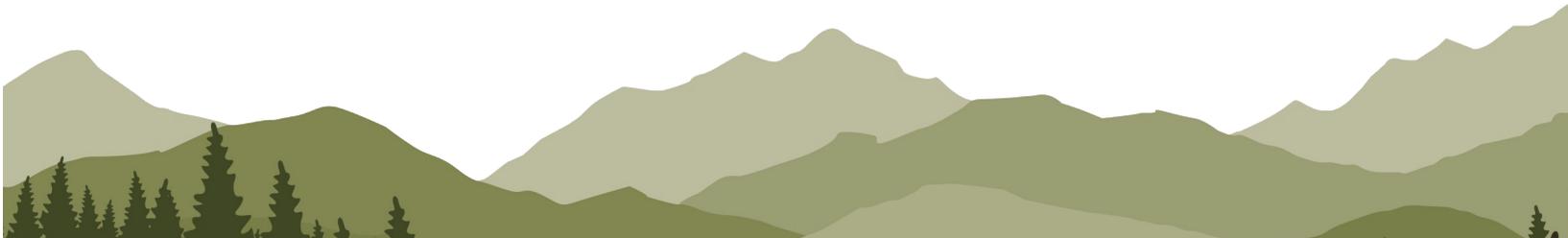
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 2 g	<b>3 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 35 g	<b>12 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

### Factoid:

Long grain brown rice not only has a nuttier flavour but more nutritional benefits than white rice. It is especially rich in B vitamins. It is also a good alternative for people with diabetes because of its low glycemic index value.

### Ingredients:

Organic long grain brown rice



**Recipe:**

**left coast  
ORGANICS**

# Long Grain Brown Rice Pilaf

## Ingredients:

- 1 small shallot, diced
- 1 large garlic clove, minced
- 1 tsp turmeric
- 1 C long grain brown rice
- 2 cups, plus
- 2 Tbl veggie stock
- 2 Tbl brown rice vinegar
- 1/2 C almonds, roasted and rough chopped
- 1/4 C cilantro or parsley, minced
- 1 green onion, sliced thin along the bias
- Salt, to taste

## Instructions:

1. Heat sauce pot over medium heat. Add 2 tablespoons of veggie stock. When hot, add shallots, a pinch of salt and let sweat, about 5 minutes.
2. Add garlic and stir to combine. When fragrant, add turmeric.
3. When onions and garlic are a dark yellow from turmeric, add rice and toast for 3 minutes.
4. Add remaining veggie stock. Bring to a boil then reduce to a simmer.
5. When rice is finished cooking, about 40 minutes, remove from heat and let sit for 5 minutes, then fluff with a fork.
6. Combine rice and vinegar. When combined, add almonds, cilantro and green onions.
7. Serve hot.

## **Cooking Note:**

- 1. Rinse rice thoroughly 2-3 times. Drain well.**
- 2. In a 2-quart saucepan with lid, bring water, 1 tablespoon of oil or butter (optional) and salt to a boil over high heat.**
- 3. Stir in rice.**
- 4. Cover and reduce heat to low and simmer for approximately 45-55 minutes, or until liquid is absorbed. Keep lid tightly closed while cooking.**
- 5. Remove lid and fluff cooked rice with a fork and serve. If serving immediately, wipe condensation on the lid to make sure the rice does not become sticky while sitting.**

