

# Organic Forbidden Rice

Country of Origin: China

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> 1.5 g	<b>2 %</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> 32 g	<b>11 %</b>
Fibre / Fibres 2 g	<b>9 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	6 %

### Factoid:

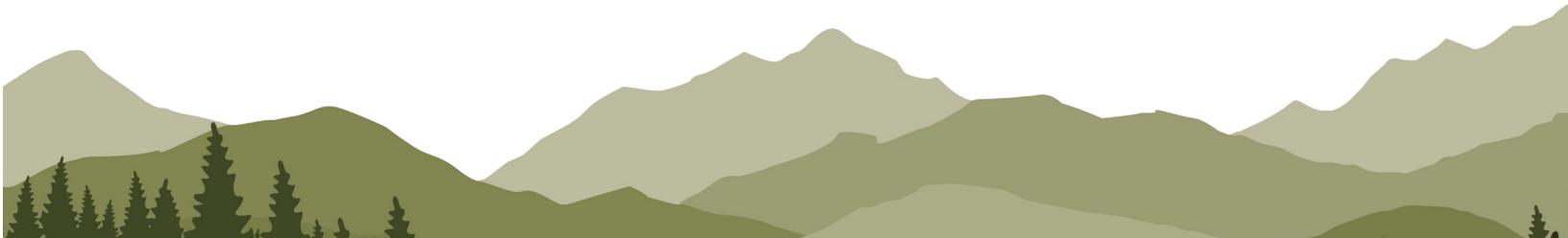
Forbidden rice is a black rice. Its appearance is black because of its bran, but changes to a dark purple when cooked. Forbidden rice is rich in iron, fibre, and anthocyanins (antioxidants).

### Ingredients:

Organic black rice

### Allergen Information:

This product may contain sesame, soy, wheat and gluten.



**Recipe:**

**left coast  
ORGANICS**

# Curried Beef Rice Bowl

## Ingredients:

1 1/2 tsp canola oil

1 Tbl mild curry powder

2 tsp ground cumin

1 tsp ground coriander

1 tsp ground cinnamon

1 lb lean ground beef

1 1/3 C forbidden rice, well rinsed

2 C shredded carrots

1 C frozen green peas

3 C hot chicken broth

Fresh cilantro, chopped for garnish

Lemon wedges, for garnish

## Instructions:

1. Rinse rice in a pot or rice cooker, cover with water, swoosh around, then drain.
2. Heat oil in a large, deep skillet over medium-high heat. Add curry powder, cumin, coriander, and cinnamon, stirring quickly to combine. Crumble in beef and cook, stirring with a wooden spoon to break up clumps, 3-4 minutes, until beef is browned. Stir in rice, carrots, and peas until combined.
3. Add broth and bring to a boil. Cover skillet and reduce heat to low. Cook 16 minutes. Remove from heat, keep covered, and let stand 5 minutes, until all liquid is absorbed into the pilaf.
4. Uncover and fluff pilaf with a fork. Sprinkle with cilantro and serve with lemon wedges.

## Cooking Note:

1. Cook 1 part forbidden rice in 2 parts water.
2. Bring the water to a boil, cover the pot, reduce to a simmer and cook for 30 minutes.
3. Still covered, remove the pot from the heat, let sit for 15 minutes, then fluff with a fork.

## Farmer:

### Lotus Foods

Lotus Foods is a certified B Corp (Benefit Corporation) meaning they are committed to using their business for social and environmental change. Their "More Crop Per Drop" program helps small scale farmers to double or triple their yield while using 80-90% less seed and 50% less water.

