

# Organic Tri-Color Blend Rice

Country of Origin: Indonesia

Certified Organic

Pro-Cert

## Nutrition Facts

### Valeur nutritive

Per 1/4 cup (49 g) / par 1/4 tasse (49 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 170	
<b>Fat / Lipides</b> 0 g	<b>0 %</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> 36 g	<b>12 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

### Factoid:

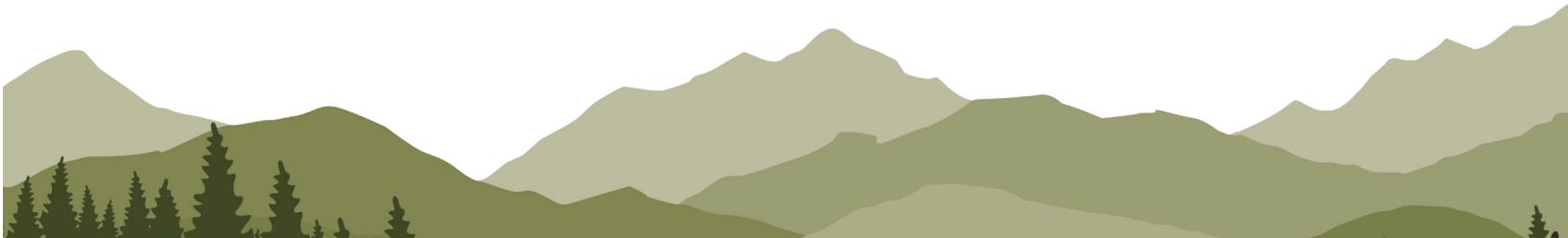
Volcano rice is a blend of West Java brown and red rices that have been grown in mineral-rich volcanic soils. This blend is rich in antioxidants, minerals, and fibre.

### Ingredients:

Organic brown rice and organic red rice

### Allergen Information:

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



**Recipe:**

**left coast  
ORGANICS**

# Rice Pilaf

## Ingredients:

1 tsp canola or olive oil

1/4 C onion, finely minced

1 C Volcano Rice

1 3/4 C water

Sea salt

1 bay leaf

1 C cooked fresh English peas or thawed frozen green peas

2 Tbl flat-leaf parsley, chopped

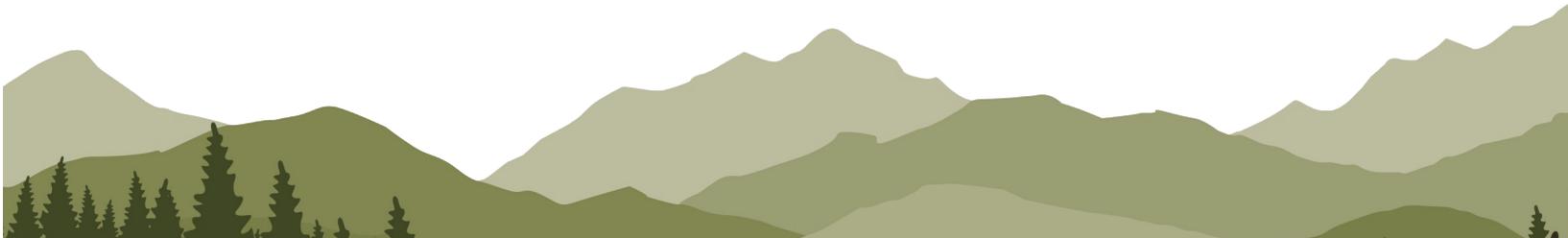
Freshly ground black pepper, to taste

## Instructions:

1. Preheat oven to 350F.

2. Heat oil in a large saucepan over medium-high heat. Add onion and saute 2 minutes, or until tender. Add rice and saute 1 minute. Add water, salt, and bay leaf; bring to a boil. Cover, transfer to oven and bake for 30 minutes.

3. Remove from oven and fluff with a fork. Cover and let stand 10 minutes. Discard bay leaf and stir in peas and parsley. Add pepper to taste.



## Cooking Note:

1. Rinse the Volcano Rice thoroughly with a strainer.
2. Fill a medium saucepan with 2 cups of lightly salted water per cup of uncooked Volcano Rice. Water can be substituted for broth.
3. Add the rice to the water or broth. Heat the saucepan on the stove over medium-high heat.
4. Bring the liquid to a boil. Reduce the heat to medium-low. Stir with a large spoon, then cover the pot.
5. Simmer the rice until it is a desired texture. Cooking time is usually 30-45 minutes. Try to remove the lid as little as possible during cooking.
6. When rice is done, keep the lid on the pot and let the rice sit for 10 minutes before serving.
7. Fluff it 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.

