

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
Calories / Calories 150	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 0 g	
Protein / Protéines 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.

