

Organic Heirloom Red Rice

Country of Origin: Madagascar

Organic

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 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 36 g	12 %
Fibre / Fibres 2 g	9 %
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:

This long grain Red Rice retains its entire bran layer where all of the grain's nutrients are stored. It cooks in only 30 minutes, producing a slightly nutty flavor and a toothsome yet tender grain. Our Organic Red Rice is sourced from the Koloharena Cooperative in Madagascar using SRI farming practices (what we call More Crop Per Drop™). This enables smallholder farmers to harvest more rice using less water and pesticides while reducing methane off-gassing and physical labor for women.

Ingredients:

Organic heirloom red rice

Allergen Information:

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



Recipe:

**left coast
ORGANICS**

Bhutanese Red Rice

Ingredients:

1 C Bhutanese red rice

2 Tbl butter

1/2 bunch green onions, chopped finely

1/2 C petite carrots, diced

1/2 C shitake mushrooms, finely chopped

1/2 tsp thyme

3 bay leaves

2 C vegetable stock

Instructions:

1. Wash rice with cold water and let it sit in warm water for an hour before cooking.
2. Heat butter in a pot then stir in onions and cook for 5 minutes
3. Add carrots, mushrooms and rice, then stir for 5 minutes.
4. Add vegetable stock, thyme and bay leaves.
5. Bring to a boil then put it in an oven dish, cover and cook.



Cooking Note:

1. Boil 1 1/2 cups of water and add a pinch of salt.
2. Add 1 cup of Bhutanese red rice. Cover, and reduce the heat to medium-low or low.
3. Simmer for 20 minutes.
4. Remove from heat.

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.

