

Perfect Brown Rice

Prep time: 5 minutes

Cook time: 30 minutes

Ingredients:

1 cup brown rice

6 cups water

1 tablespoon olive oil

1 teaspoon salt

1. Bring 6 cups of water to rolling boil in medium sauce pan.
2. Rinse rice in cool water through fine strainer. Add rice, salt and olive oil to saucepan.
3. Boil rice gently for 35 minutes
4. Pour cooked rice through fine mesh strainer and return to pan.
5. Allow rice to rest in covered in saucepan for 10 minutes. Fluff with fork and serve.