








MINUTE BROWN RICE (pg 1)
 Serves 2

STEPS	INGREDIENTS	PROCEDURES
<p>1</p>	 <p>1 cup brown rice</p>  <p>1 cup chicken broth</p>  <p>saucepan with lid</p>  <p>mixing spoon</p>  <p>fork</p>	<p>Pour 1 cup of water or chicken broth into a medium pot and place it on the stove over high heat. Bring liquid to a boil.</p>  <p>Stir in the rice (1 cup). Place the lid on the pan and take off heat. Let sit off the heat, without taking the lid off for 5 minutes. After 5 minutes, take off the lid and fluff with a fork.</p> 

Nutrition Facts

2 servings per container
Serving size 1/2 of recipe

Amount per serving

Calories **200**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	

Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 1mg	6%
Potassium 173mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.