COOKING BROWN AND WILD RICE

Cook time: 45-50 minutes

WILD RICE (4 CUPS)
SERVES 8

1 cup wild rice
3 cups water

DIRECTIONS
1. Bring water to a rapid boil. Add rice to water.
2. Return water to boil. Reduce heat to simmer.
3. Cover pan and simmer 30-45 minutes or until kernels puff open.
5. Drain liquid from rice.

BROWN RICE (3 CUPS)
SERVES 6

1 cup brown rice
2 cups water

DIRECTIONS
1. Put rice and water into a saucepan. Heat to boil.
2. Reduce heat to simmer. Stir.
3. Cover pan and simmer, without stirring, for 45-50 minutes until rice is tender. All water will be absorbed by rice.

SIMPLY GOOD EATING

• COOK EXTRA WILD RICE to add to soups and casseroles.
• USE BROWN RICE in place of white rice in most recipes for added nutrition.