

Easy rice pudding



Recipe credit

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About this recipe

Serves

4

Serving size

2/3 cup

Time to make

10 minutes preparation; 35 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2/3 cup regular raw enriched white rice
- 2 cups warm water
- Optional: 1 teaspoon butter or margarine
- 1/2 cup nonfat dry milk
- 2 tablespoon sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1 cup water
- 1/2 cup raisins or other dried fruit

Directions

1. Combine rice, water, and butter or margarine (if using) in large casserole. Cover loosely so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to boil. Reduce setting to defrost (50% power), and cook additional 10 minutes.
3. While the rice is cooking, mix together the other ingredients in a bowl.
4. Without allowing rice to cool, remove cover and quickly stir the dry milk-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50%) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.
6. Eat warm and refrigerate leftover within 2 hours, or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

Tips and variations

- Cooking regular rice in a microwave avoids the problem of scorching the rice, but it does not save time. Rice requires the same amount of time to cook, whether you prepare it in a microwave or on top of the stove.

- When making pudding in a microwave, you avoid the possibility of scorching the milk.
- If you do not have dry milk, use 1 cup fresh milk instead of the dry milk and the last cup of water.
- Substitute brown rice for white rice. Increase the cook time as needed.

Nutritional info

Calories

226

Total fat

0.4 g

Saturated fat

0.1 g

Cholesterol

2 mg

Sodium

57 mg

Total carbohydrates

50.1 g

Dietary fiber

1.1 g

Protein

5.9 g

Total sugar

21.5 g

Allergens

Dairy

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