

Wild or brown rice



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

6-8

Serving size

1/2 cup

Time to make

3 minutes preparation; 30-50 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

Wild rice

- 1 cup wild rice
- 3 cups water

Brown rice

- 1 cup brown rice
- 2 1/2 cups water

Directions

Wild rice

1. Bring water to a rapid boil in a large saucepan. Add rice to the boiling water.
2. Return water to a boil. Reduce heat, cover, and simmer 30-45 minutes until the rice kernels puff open.
3. Uncover, fluff with a fork and simmer 5 more minutes.
4. Drain off any remaining liquid.

Brown rice

1. Put rice and water into a large saucepan. Heat to boiling.
2. Reduce heat, cover, and simmer without stirring for 45-50 minutes until the rice is tender and all the water is absorbed.

Tips and variations

- Use brown rice in place of white rice in most recipes for added nutrition.
- Mix brown and white rice by cooking the brown rice for 20 minutes, then adding white rice and more water for another 20 minutes.

- Cook extra wild rice to add to soups and casseroles. Cooked wild rice freezes well.
- Hand-parched wild rice cooks in less time – about 15-20 minutes
- A rice cooker is inexpensive and gives good results for all types of rice.

Nutritional info

Calories

95/36

Total fat

0.3 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

1.9/0.3 mg

Total carbohydrates

19.9/7.6 g

Dietary fiber

1.7/0.6 g

Protein

3.9/0.8 g

Total sugar

0.7/0.1 g

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