

## **Hearty Brown Rice**

Serving Size: 1 cup cooked rice

Serves: 6

### **Ingredients**

2 cups brown rice

4½ cups low sodium vegetable broth

### **Directions**

Combine the rice and broth in a heavy sauce pan. Bring to a boil, stir and cover with a tight fitting lid. Reduce heat and simmer for 45 minutes. Remove from heat and let stand 10 minutes before serving. One cup uncooked rice yields 3 cups cooked.

### **Exchanges per serving:**

1 Starch

### **Nutrients per serving:**

Calories: 83

Calories from fat: 5

Total Fat: 0.6g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 108mg

Carbohydrate: 17g

Dietary Fiber: 2g

Protein: 2g