

**BROWN RICE**  
**Serving 4**

***INGREDIENTS:***

***1 cup organic short-grain rice***

***½ teaspoon salt***

***2½ cup water***

***PREPARATIONS:***

- 1. Rinse rice well, strain away the water.*
- 2. Bring the water to boil, add rice and salt, when it boils again, reduce the heat.*
- 3. Cover and simmer for 40 minutes or until the water has been absorbed and the grains are tender.*
- 4. Remove from heat and let it rest.*