

Simple Brown Rice

By Epiphaneia Juarez

Ingredients:

- 1 cup uncooked brown rice
- 2 cups of water
- 1 teaspoon oil (avocado oil, coconut oil, or canola oil)
- ¼ of a cup of diced onion or ½ tablespoon of onion powder
- ½ teaspoon of salt

Instructions:

1. Bring filtered water with a pinch of salt to a boil.
2. Rinse the rice in a fine mesh colander under cold running water to remove the extra starch.
3. In a deep pan or pot sauté the onions with your choice of oil. When the onions are fragrant, add the rinsed rice to the pan.
4. Add the boiling water to the rice and cover the pot. Reduce the temperature maintain the water at a steady boil for about 10-25 minutes.
5. Once there is minimal water left in the pot, reduce the heat to low and let the rice sit. After a few minutes the rice should be fluffy and ready to serve.

Notes:

- **Salt** – The salt will help reduce the boiling time. Add salt to taste
- **Rinse** - The rice should be rinsed until the water turns clear. Use your fingers to move the rice in the strainer to help remove the starch.
- **Time** - The rice will cook faster if you rinse the rice then let the rice sit in water for more than 1 hour. If not the rice may take up to 20-30 minutes to cook.

