



CUMIN BROWN RICE

RECIPE AND INGREDIENT FACTS SHEET

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What is rice?

- Rice is a staple grain eaten worldwide and a primary source of carbohydrates, which provide the body with energy.
- It comes in many varieties (white, brown, basmati, jasmine, wild, etc.) and can be used in both savory and sweet dishes.

What is Brown Rice?

- Brown rice is a whole grain form of rice where only the outer husk is removed, leaving the bran and germ intact. This makes it higher in fiber, vitamins, and minerals compared to white rice, which has the bran and germ removed.
- Brown rice has a chewier texture and a nuttier flavor, and it digests more slowly, helping with steady blood sugar and satiety.



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Recipe

Ingredients

- 1 1/2 cups short grain brown rice, uncooked
- 2 cups prepared vegetable broth
- 1 1/2 cups water
- 1 teaspoon cumin seeds

Instructions

1. Place rice, vegetable broth, and water in a pot, cover, and bring to a boil.
2. Add cumin seeds and stir well. Reduce heat to medium, cover and cook for about 40-45 minutes, until liquid is absorbed and grains are tender yet firm.
3. Makes 6 servings (about 3/4 cup each).