

Perfect Brown Rice

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-brown-rice-recipe>

Ingredients:

- brown rice whichever type you prefer
- 4 cups water for every one cup of rice
- salt – to taste

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 11 grams
3. Protein: 1 grams
4. Sodium: 210 milligrams

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