

Brown Rice Recipe

{youtube}EUW4zvVmJDI{/youtube}

Description

Brown Rice Mediterranean Style is basically a changed version of the traditional Mediterranean rice served in restaurants, by substituting the white rice for a more healthier brown rice.

Serves: 4

Difficulty: easy

Prep & Cook time: 1 hour

Recipe

4 Cups of Water
1/2 Cup of Thin Egg Noodles
2 Cups of Brown Rice or
(2 Cups of Long Grain
White Rice)
1/2 Tsp of Salt
1/4 Tsp of Pepper
1 Vegetable Bullion Cube

Heat a 2qt pot on medium/low heat, add 2 tbs vege oil. Add egg noodles and continuously stir until golden brown. Add 4 cups of water and vege bullion and bring to a boil.

When water has come to a boil, add rice, salt and pepper. Stir and cover with lid. Turn heat down to low and let cook for 45 minutes. Stir rice with fork at 20 minute intervals. Serve in a plate with stew or kabobs and garnish with sumac and chopped parsley.