



# How to cook Brown Rice?: 20 Nutritious Recipes (Jeen's favorite Rice Recipes Book 5)

*Jeen van der Meer*

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## **How to cook Brown Rice?**

This cookbook contains **20 delicious brown rice recipes**, offering a variety, and flair in using brown rice.

Brown rice by itself offers a slight nutty rice flavor, and when seasoned with salt, pepper and butter make a nice side dish.

When you add ingredients such as herbs, spices, vegetables and even meats and fruits you transform the mundane plain recipe into a perfect brown rice delight.

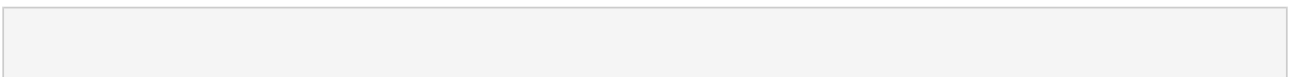
Brown rice offers nutrition because the fibrous bran stays intact on the rice, and this is where most of the nutrition resides. Brown rice is a good side dish to eat once a day and with these recipes, you have enough variety to go for almost three weeks without eating the same dish twice.

**You can be sure that brown rice is a healthy choice.**

A sampling of the ingredients found in these recipes is meats like turkey, chicken, beef, fish, and bacon. The different vegetables are kale, tomatoes, red bell peppers, carrots, shallots, onions, green peas, corn, arugula, Swiss chard, jalapeno peppers, pimientos, and zucchini.

The different herbs are parsley, basil, garlic, cumin, chipotle powder, black pepper, red pepper flakes, cumin, thyme, ginger, and dill. There are also ingredients using chickpeas, lentils, black beans, and even mushrooms.

Whatever flavor, international style and dish you like you are bound to find a brown rice recipe to match.



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