

Cooking and Using Rice

Types of Rice

- Long-grain white rice: Fluffy, mild flavor, cooks in ~15–20 minutes
- Brown rice: More fiber and nutrients, firmer texture, cooks in ~35–45 minutes
- Jasmine or basmati: Aromatic, cooks similar to white rice



(Source: Simply Recipes)

Basic Rice Cooking (Stovetop)

Ingredients

- 1 cup rice
- 1½–2 cups water (white rice)
- Pinch of salt (optional)

Steps

1. Rinse rice under cold water until mostly clear (optional) (Skip this step if using enriched rice).
2. Combine rice and water in a pot.
3. Bring to a boil over medium-high heat.
4. Reduce heat to low, cover, and simmer:
 - White rice: 15–20 minutes
 - Brown rice: 35–45 minutes
5. Remove from heat and let sit, covered, 5 minutes.
6. Fluff with a fork.



Did you know-1/2 cup of uncooked rice makes about 1 ¼-1 ½ cups of cooked rice!

(Source: Simply Recipes and Lemon Blossoms)



Cooking and Using Rice

Storage & Food Safety

- Uncooked rice: Store sealed in a cool, dry place (best quality up to 1 year).
- Cooked rice: Refrigerate within 2 hours; use within 4 days.
- Frozen cooked rice: Use within 2–3 months.

(Source: UNL Extension)

Did you know-Cooling cooked rice and reheating it later can help it raise blood sugar slowly. Good News for Diabetics!



Rice is affordable, filling, gluten-free, and easy to use with many foods.

How to Use Cooked Rice

- Add to soups, stews, casseroles, and skillet meals
- Stretch meat in recipes, such as:
 - Meatloaf (replace up to ½ the breadcrumbs with rice)
 - Meatballs
 - Stuffed peppers, tomatoes, or cabbage
- Add cooked, cooled rice to salads for bulk and texture
- Mix with beans for a complete, filling meal
- Use leftovers for fried rice, burrito bowls, or breakfast porridge



How to Make Rice Tasty

During Cooking

- Add 1–2 teaspoons oil or butter
- Add spices: garlic powder, onion powder, pepper, herbs
- Bouillon or broth cubes:
 - Dissolve the cube into the cooking water
 - Do not replace water with a dry cube

After Cooking

- Add leftover cooked meats (chicken, beef, pork)
- Add leftover vegetables (fresh, frozen, or canned)
- Add beans, lentils, canned tomatoes, or salsa

<https://www.simplyrecipes.com/your-guide-to-rice-varieties-5209601/>

https://www.simplyrecipes.com/recipes/how_to_make_white_rice/

<https://www.lemonblossoms.com/blog/how-to-cook-rice/>

<https://food.unl.edu/article/healthy-bites/rice-know-information-and-tips/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9013350/>

Cooking and Using Rice

Recipes



Baked Ranch Rice

Ingredients

- 1 cup long-grain white rice (uncooked)
- 2⅔ cups chicken broth
- 1 (1-oz) packet ranch seasoning mix
- 6 tablespoons butter, sliced

Optional Add-Ins: peas, cooked chicken

Directions

- Heat oven to 425°F.
- Rinse rice and place in a baking dish.
- Stir in broth and ranch seasoning.
- Place butter on top, cover tightly with foil.
- Bake 30 minutes covered.
- Uncover and bake 20–30 more minutes, until rice is tender.

plainchicken.com/baked-ranch-rice/

Brown Rice & Black Bean Power Meal

Ingredients

- 2 cups cooked brown rice
- 1 can (15 oz) black beans, drained and rinsed
- ½ cup canned corn (optional)
- ½ teaspoon cumin or chili powder (optional)

Directions

1. Heat rice and beans together in a pan or microwave.
2. Stir in corn and seasoning.
3. Serve warm as a meal or side.

eatfresh.org/recipe/main-dish/brown-rice-and-black-bean-power-meal/

Tomato Rice

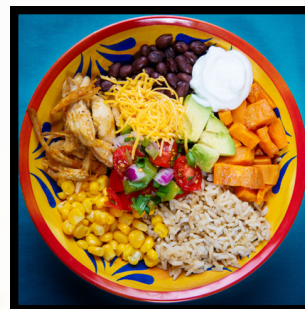
Ingredients

- 1 cup rice (uncooked)
- 1 cup canned tomatoes or tomato sauce
- 1 cup water or broth
- ¼ teaspoon salt (optional)

Directions

1. Combine all ingredients in a pot.
2. Bring to a boil, then simmer covered until rice is tender.
3. Fluff and serve.

budgetbytes.com/tomato-rice/



Build-Your-Own Burrito Bowl

Ingredients

- 1 cup cooked rice
- ½ cup beans
- ½ cup vegetables (fresh, frozen, or canned)
- ¼ cup salsa or tomatoes

Directions

1. Layer ingredients in a bowl.
2. Mix and serve warm or cold.

Optional Add-Ins: meat, cheese, or sauce

food.unl.edu/recipe/build-your-own-burrito-bowl/

Cooking and Using Rice Recipes



Herbed Rice with Chicken & Beans

Ingredients

- 2 cups cooked rice
- 1 cup cooked chicken (or canned, drained)
- 1 can (15 oz) beans, drained and rinsed
- ½ teaspoon dried herbs or seasoning

Directions

1. Combine all ingredients in a skillet.
2. Heat until warmed through.
3. Serve as a one-dish meal.

eatfresh.org/recipe/main-dish/herbed-rice-chicken-and-beans/

Brown Rice Porridge (Breakfast)

Ingredients

- 1 cup cooked brown rice
- 1½ cups milk or water
- Cinnamon or sugar (optional)



Optional Add-Ins: fresh, frozen or dried fruit

Directions

1. Heat rice and liquid until thick and creamy.
2. Add fruit, cinnamon or sweetener if available.

eatfresh.org/recipe/breakfast/brown-rice-porridge/

Super Quick Beans and Rice

Ingredients:

- 1 (14.5 ounce) can Mexican stewed tomatoes
- 2 Tablespoons taco seasoning
- 1 ½ cups brown rice, cooked
- 1 (15 ounce) can black beans, drained and rinsed

Directions

1. In a medium pot, add tomatoes, taco seasoning, and cooked rice. Mix well.
2. Add black beans to pot and stir.
3. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.
4. Store leftovers in a sealed container in the refrigerator for up to four days.

food.unl.edu/recipe/super-quick-beans-and-rice/

Horchata (Rice Drink)

Ingredients

- ½ cup uncooked rice
- 4 cups water
- ½ teaspoon cinnamon (optional)
- Sugar to taste (optional)

Directions

1. Soak rice in water for several hours or overnight.
2. Blend rice with soaking water.
3. Strain, sweeten if desired, and chill.

food.unl.edu/recipe/horchata/

Check out these websites for more recipes:

food.unl.edu/taxonomy/term/1282/
naturalcomfortkitchen.com/?s=rice
simplyrecipes.com/search?q=rice
budgetbytes.com/rice-recipes/
plainchicken.com/page/2/?s=rice