

# Crockpot Brown Rice

Gwen  
www.SlowCookerKitchen.com

## Yield: 2 1/2 cups

1 cup long-grained brown rice  
2 to 2-1/2 cups liquid (all water or  
half water/ half broth)  
1 to 2 teaspoons herbs and spices of  
your choice (optional)  
1 teaspoon butter, oil or spray

## Preparation Time: 2 minutes

### Slow Cooker: 3 hours

Butter, oil or spray the crockpot insert.

Add the ingredients. Stir.

Cover and cook on HIGH for two to three hours.

(FREEZER DIRECTIONS): Allow the cooked rice to cool completely. Fill canisters or bags with serving-sized portions. Label and freeze for up to six weeks. Using a vacuum freezer can allow storage up to six months.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	0
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	0g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

## Food Exchanges

