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.

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

Dar Carrina Mutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg): Alcohol (kcal):	0mg 0
Polyunsaturated Fat (g):	0g	% Pofuso:	n n%
Cholesterol (mg):	0mg		
Carbohydrate (g):	0g	Food Exchanges	

Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving				
Calories 0	Calories from Fat: 0			
	% Daily Values*			
Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 0mg Total Carbohydrates 0g Dietary Fiber 0g Protein 0g	0% 0% 0% 0% 0% 0%			
Vitamin A Vitamin C Calcium Iron	0% 0% 0% 0%			

^{*} Percent Daily Values are based on a 2000 calorie diet.