



Brown Rice-Instant Pot

PREP TIME: 2 MIN

COOKING TIME: 15 MIN

NATURAL RELEASE: 5-10 MIN

YIELDS: 2 -3 SERVINGS

Ingredients

1 cup long-grain brown rice
1 cup cold water or vegetable broth
A pinch of salt

Directions

1. Rinse the brown rice and drain.
2. Add the rice, water (or vegetable broth), and salt to the Instant Pot. Stir to combine.
3. Secure the lid and set the valve to the Sealing position.
4. Select Pressure Cook (High Pressure) and set the cooking time to 15 minutes.
5. Allow the pressure to release naturally for about 5-10 minutes.
6. Open the lid and stir. Adjust salt to taste.
7. Fluff the rice with a fork and serve.

