



## Basic Black Rice

Prep Time: 5 minutes + 60 minutes soak time\*    Cook Time: 30-50 minutes    Total Time: 90-120 minutes\*

Servings: 4

Serving Size: ½ cup cooked rice

### Ingredients:

1 cup dry black rice  
2 cups filtered water or organic broth of choice  
Salt & pepper to taste

### Directions:

1. Place dry black rice in a bowl and cover with cold water. Cover with plastic wrap and let sit for 1 hour or longer. \* NOTE: The water will turn purple – this is normal.
2. Pour rice and soaking water through a fine mesh strainer and then allow it to sit under a running faucet to rinse for 20-30 seconds – you want to rinse really well.
3. Combine the rinsed rice and 2 cups filtered water or organic broth in a small pot and place on the stove over high heat.
4. Bring to a boil, then cover, reduce heat, and simmer for 30-50 minutes or until cooked through and no longer chewy in texture.
5. Fluff with a fork, then stir in salt and pepper to taste and serve.

### Tips and Tricks:

\*The longer you let the rice soak, the faster the cooking time, only 30 minutes, will be plus the nutrients also become more digestible and absorbable the longer you soak it as well. If you don't soak the grains, rinse them 3-4 times really well and assume it will take up to 50 minutes to cook.

We recommend doubling this recipe and storing half in a freezer safe container for up to 3 months – defrost overnight in the fridge!

### Nutritional Information Per Serving:

Calories: 160  
Fat: 1.5g  
Cholesterol: 0 mg  
Sodium: 0 mg  
Total Carbohydrate: 32 g  
Dietary Fiber: 2 g  
Sugars: 0 g  
Protein: 5 g