



## How to Microwave Cook Brown Rice

**Rinse. Drain. Steam.**

### Ingredients:

- 1 cup long grain brown rice
- 3 cups water
- 3-quart microwave safe bowl and lid

Prep time: 2 minutes

Cook Time: 30  
minutes

Makes 4 cups, cooked  
8, ½ cup servings

### Directions:

1. Place the rice in a bowl and cover with cold water, stir it around with your hand. Pour off the water. Repeat until the water is clear, 2 rinses should be enough.
2. Add rinsed rice and water to a large microwave safe bowl with no the lid.
3. Microwave on high power for 10 minutes.
4. Add the lid, slightly vented. Reduce the cooking power to 50 or 60% and microwave for another 20 minutes.
5. Fluff with a fork and serve!

### Tips:

- This recipe is for raw rice, not “quick cooking” rice. If you’re not sure if the rice is raw, check the ingredients for “parboiled” which means the rice has been pre-cooked.
- For quick cooking rice, use 1 cup rice and 2 ½ cups water: microwave on full power for 10–12 minutes (check to see if all water has been absorbed) and rest in the microwave for 3–5 minutes.
- For most microwave brands, this is how you change the cooking power: Tap Cook Time, enter the time you need, press Power Level and choose the power you need. This will sometimes be a percent or levels, like 1–10.