

Simple Brown Rice



Brown rice makes a great base for sautéed veggies, chicken or beans.

5 cups vegetable stock
2 cups long grain brown rice
3 tsp paprika
1 tsp salt
1 tsp pepper

Bring water to boil, combine all ingredients and reduce to simmer until all water is absorbed.

Yield: 4-5 cups
From: AFC's own Michael Lerner