



SIMPLE RICE PORRIDGE

QUICK INFORMATION

TIME



1 HR

SERVES



4

CALORIES



150

GLUTEN FREE



RECIPE

VEGAN



RECIPE

INGREDIENTS

1 cup Lundberg Family Farms Sushi Rice

8 cups water, broth or a combination

¼ tsp. salt

Suggested Savory Toppings:

Sliced scallions Chopped roasted and salted cashews Soy sauce or tamari Sesame oil Soft boiled egg Julienned ginger pieces Shredded cooked chicken or turkey

Suggested Sweet Toppings:

Jam or preserves Shredded coconut Dried fruit Honey Chopped nuts Fresh fruit

NUTRITIONAL FACTS

Serving Size: 2 Cups

AMOUNT PER SERVING

Calories 150 Calories from Fat 0

Total Fat 0g
Saturated Fat 0g
Trans Fat 0g

Cholesterol 0mg

Sodium 170mg

Total Carbohydrate 35g
Dietary Fiber 1g
Sugars 0g

Protein 4g

PREPARATION

In a large stock pot combine rice, water, and salt cover and bring to a boil. Once boiling, remove lid and stir the mixture thoroughly. Replace lid and reduce heat to maintain a low simmer, cook for 35-40 minutes or until porridge has reached desired consistency. Stir porridge periodically throughout cooking to prevent sticking to the bottom of the pot.

Serve in a large bowl and garnish with toppings of your choice.