

Side

Perfect White Rice

Side Effect: Diarrhea

5 Mins
Prep Time

20 Mins
Cook Time

6
Servings

120 Calories **1g Fat** **25g Carbs** **2g Protein**



Ingredients

6 Servings • ½ Cup Serving Size

25 Mins Total Time

Allergens: None

1 Cup Long Grain Rice

2 Cups Water

1 Tsp Salt

1 Tsp Extra Virgin Olive Oil

½ Tsp White Vinegar

Nourishment Note



Rice

Bland and gentle on the stomach, rice is a key component of the BRAT (bananas, rice, applesauce, and toast) diet, which may be helpful for treating diarrhea.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Rinse Rice

Rinse rice with cold water in colander until water runs mostly clear.

3. Combine Ingredients

In a saucepan, bring the water, salt, extra virgin olive oil and vinegar to a boil. Add the rice and stir.

4. Cook Rice

Cover the saucepan and reduce to a simmer on medium-low. Cook rice for 20 minutes without removing the lid. This allows the rice to steam as well as cook.

5. Serve and Enjoy

Remove from heat and fluff with fork. Serve and enjoy!

6. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: geniuskitchen.com

What You'll Need



Colander



Measuring Cups



Measuring Spoons



Saucepan with Lid



Spoon



Fork

Fatigue Buster

- Freeze leftover rice in zip-top bags. Thaw for future meals.