

## **Brown Rice**

**3 1/2 cups low-sodium chicken broth**

**2 cups short-grain brown rice**

**salt and pepper to taste**

**Bring chicken stock up to a boil in a large saucepot. Stir in brown rice and season with salt and pepper. Turn heat down to a very low simmer and cover. Simmer for about 50 minutes, or until almost all of the liquid is absorbed and rice is tender. Allow to rest for 5 minutes with the lid on. Fluff rice with fork and serve.**