

Easy Instant Pot Brown Rice Recipe

Brown rice is a nutritious and delicious alternative to white rice, and [how to cook brown rice in instant pot](#) is a quick and convenient method. With the help of your Instant Pot, you can achieve perfectly cooked brown rice with fluffy grains and a nutty flavor. Follow these simple steps to cook brown rice in your Instant Pot:

Ingredients:

1 cup of brown rice
1.5 cups of water
1 teaspoon of oil (optional)
Salt to taste

Instructions:

Rinse the brown rice: Start by rinsing the brown rice under cold water to remove any impurities or excess starch. Place the rinsed rice in a strainer and let it drain.

Add rice and water to the Instant Pot: Transfer the rinsed brown rice into the Instant Pot. Add water and oil (if using) to the pot. The oil helps prevent the rice from sticking together, but it's optional. Add salt to taste.

Close the lid and set the Instant Pot: Securely close the lid of the Instant Pot. Make sure the pressure release valve is set to the sealing position. Select the "Manual" or "Pressure Cook" setting, and adjust the cooking time to 22 minutes. It usually takes about 10 minutes for the Instant Pot to come to pressure before the cooking time starts.

Natural release: Once the cooking time is complete, allow the Instant Pot to naturally release the pressure for about 10 minutes. This helps the rice to finish cooking and prevents it from becoming mushy.

Quick release and fluff the rice: After the natural release, carefully turn the pressure release valve to the venting position to release any remaining pressure. Once the pressure has fully released, open the Instant Pot lid. Use a fork or a rice paddle to gently fluff the rice, separating the grains.

Serve and enjoy: Your perfectly cooked brown rice is now ready to be served. It pairs well with a variety of dishes, such as stir-fries, curries, or as a nutritious side dish. Leftover rice can be stored in an airtight container in the refrigerator for up to 4-5 days.

By following these steps, you can enjoy fluffy and flavorful brown rice cooked effortlessly in your Instant Pot. Experiment with different seasonings or add-ins to customize the taste according to your preference. Enjoy your homemade brown rice!

Cooking brown rice in an Instant Pot is quick and convenient. Here's a concise guide to help you:

Rinse the brown rice: Place the desired amount of brown rice in a fine-mesh sieve and rinse it under cold water until the water runs clear. This removes excess starch.

Add rice and liquid: Transfer the rinsed rice to the Instant Pot and add the appropriate amount of liquid. The general ratio is 1:1.25, so for every cup of rice, use 1.25 cups of liquid (water or broth).

Season (optional): Add salt, herbs, or spices to enhance the flavor of the rice. Stir gently to distribute the seasoning evenly.

Pressure cook: Close the Instant Pot lid and set the pressure release valve to the sealing position. Select the "Manual" or "Pressure Cook" function and set the cooking time to 15-20 minutes, depending on the desired texture (15 minutes for slightly chewy, 20 minutes for softer rice).

Natural release: Once the cooking time is complete, allow the pressure to release naturally for about 10 minutes. Then, carefully turn the pressure release valve to the venting position to release any remaining pressure.

Fluff and serve: Open the Instant Pot lid and use a fork to fluff the rice gently. Let it sit for a couple of minutes before serving to allow excess moisture to evaporate.

Enjoy: Serve the fluffy brown rice as a side dish or as a base for stir-fries, curries, or other dishes of your choice.