

## Slow Cooker Basic Brown Rice



### Ingredients:

- 1 cup long grain brown rice
- 1/2 yellow onion, diced
- 2 cups low-sodium chicken broth

### Directions:

1. Spray the slow cooker with cooking spray.
2. In a small saucepan, bring the chicken broth to a boil.
3. Place onion and rice in the slow cooker and pour the broth on top.
4. Set to low and cook for 2 hours.
5. Season as desired and serve.

Makes 8 servings.



**Tarrant County Public Health**  
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