



INGREDIENTS

- 1 Cup Short-Grain Rice
(enriched or whole grain rich)
- 1½ Cups Water
- 1 Tablespoon Unsalted Butter
- ½ Teaspoon Salt
- 4½ Cups Milk
- Cinnamon-Sugar (to taste)
- Butter (to taste)

DIRECTIONS

1. Rinse the rice well and drain.
2. In a heavy-bottomed saucepan, bring the water, butter, and salt to a rapid boil over high heat.
3. Pour in the rice, stirring constantly to prevent sticking.
4. Reduce the heat to low, stirring the rice until boiling is reduced to a simmer.
5. Cover the pot and simmer for 10 to 15 minutes, until the rice has absorbed most of the water.
6. Add the milk to the rice, stirring to incorporate. Bring the mixture to a boil, stirring constantly, then immediately reduce the heat to low.
7. Once boiling has reduced to a simmer, cover the pot and allow it to cook, without stirring, for 45 minutes. Be careful here to avoid it scorching.
8. Serve warm with cinnamon-sugar and butter to taste. You can also serve it with cold milk to pour over the top.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

7 Cups Rice Porridge

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1¼ Cups

Adult: 1¼ Cups