

Ashley's Meal Prep Monday!



Instant Pot Easy Rice

INGREDIENTS

1 cup long grain white or jasmine rice, rinsed well in a fine-mesh strainer
1 cup bone broth
1 TSP butter
Salt/pepper to taste



Rinse 1 cup of rice thoroughly under cold water using a fine-mesh strainer until the water runs clear. Add rinsed rice and 1 cup of your desired bone broth into the Instant Pot. *I really like Dr. Kellyann's French Onion Recipe Beef flavor* Stir in a TSP of butter and a pinch of salt.

Secure the lid and turn the steam release valve to 'sealing.' Set to high pressure for 3 minutes. When done, allow a natural pressure release for 10 minutes before removing the lid. Remove the lid and fluff the rice gently with a fork and serve as a delicious side that has added protein and collagen!

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