Old-Fashioned Rice Pudding
RECIPE

Old-Fashioned Rice Pudding



TIME	1H 20 min
INGREDIENTS	8 items
MAKES	5 servings

Our old-fashioned rice pudding recipe conjures up the days when mealtime seemed special and you always had seconds.

INGREDIENTS

- 1 3/4 cup Water
- 1/2 cup Ben’s Original™ Long Grain White Rice
- 2 cups 2% milk
- 1/2 Teaspoon Salt
- 2 large Eggs, beaten
- 1/3 cup Sugar
- 1 Teaspoon Vanilla extract
- 1/2 Teaspoon Nutmeg or cinnamon, ground (optional)

INSTRUCTIONS

1. Preheat oven to 350°F.

2. Bring water to a boil. Stir in rice and salt. Cover and simmer until the water is absorbed, about 30 minutes.
3. Add milk and boil gently, stirring occasionally, until mixture thickens slightly, about 5 minutes.
4. Combine eggs, sugar and vanilla in a bowl.
5. Gradually stir in rice mixture, mixing well. Sprinkle nutmeg or cinnamon over top.
6. Pour into greased 2 quart casserole dish.
7. Place casserole dish in pan containing about 1 inch hot water.
8. Bake uncovered for 45 minutes, or until knife inserted near center comes out clean.

NUTRITION

- CALORIES: 120
- TOTAL FAT: 2.5g - 3%
- SATURATED FAT: 1g - 5%
- TRANS FAT: 0g
- CHOLESTEROL: 50mg - 17%
- SODIUM: 190g - 8%
- TOTAL CARBOHYDRATES: 21g - 8%
- DIETARY FIBER: 0g - 0%
- TOTAL SUGARS: 11g
- PROTEIN: 5g"

Categories:

Stovetop, Bake, 45 Minutes or More, White, Vegetarian, Gluten Free

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Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Long Grain & Wild Rice Soup

Cooking time

30 min

Ingredients

11 items



Garlic Chicken & Rice Recipe

Cooking time

20 min

Ingredients

13 items

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