Old-Fashioned Creamy Rice Pudding

Makes: 8 servings

Ingredients

- ½ cup uncooked rice
- 1 quart milk (4 cups)
- ? cup sugar
- ? teaspoon nutmeg or cinnamon
- 1 teaspoon salt
- ½ cup raisins (optional)

Directions

1. Preheat oven to 250°F.
2. Wash the rice (rinse with water).
3. Add the other ingredients, pour the mixture into a good-sized baking dish.
4. Cook slowly for about two or three hours, stirring frequently until the milk thickens to a creamy consistency and the rice swells to several times its original size.

Recipe from: *Rice as Food*, 1926, adapted by the USDA Food and Nutrition Administration.

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