

RICE RECIPES

Rice is easy to prepare. 1 cup of dry rice will double in volume when cooked as follows. **DO NOT** wash the rice before cooking. B vitamins are commonly added to rice as a coating, and it is important to retain those vitamins.

Bring 2 and ½ cups water to a boil in a sauce pan. Add 1 cup long grain dry rice. Stir once, cover, and reduce the heat to a **LOW** simmer **OR** simply turn off the stove. Check the rice in 10 minutes. If all the water is absorbed the rice is done! If there is a bit of water remaining, just heat for 1 more minute over medium heat and turn off the heat for another 5 minutes.

Tips for measuring can be found following the recipes.

PENNSYLVANIA DUTCH CABBAGE AND RICE CASSEROLE

This is an easy version of stuffed cabbage rolls. Less work, great taste and 1 medium head of cabbage will make a double recipe. For this recipe rice is added uncooked!

Ingredients

- 1 lb. ground beef (ground chicken or turkey may be used)
- 1 tsp seasoned salt
- 1 onion, chopped
- 1 cup rice, uncooked
- 3 large handfuls of roughly chopped cabbage
- 1 8 oz. can tomato sauce
- 2 cups of water (use the tomato sauce can twice)
- 1 14 oz. can diced tomatoes, undrained
- 1 cup shredded cheese (Colby Jack or cheddar) – casserole is very tasty without cheese too

Directions

1. Add ground beef to large sauce pan (lid will be needed). Season ground beef with about 1 tsp of salt seasoning and brown ground beef. Add onions and cook until onions are translucent or clear. Drain off grease.
2. Add rice, cabbage, tomato sauce, 2 cups of water and diced tomatoes. Stir.
3. Let it come to a boil and then reduce heat to medium low and cover to simmer for about 20 to 30 minutes or until rice is done and cabbage is soft. Don't remove lid before 20 minutes to make sure rice cooks well.
4. Once cooked, turn off heat.
5. Top with cheese and cover with lid to melt cheese, allow casserole to set for 5 minutes.

SANTA FE RICE

This tasty casserole relies on ingredients that are often found in your pantry, at a food bank, or are reasonably priced.

Ingredients

- 2 cups dry rice – Long grain
- 1 tbsp. cooking oil
- 1 Can chicken Breast meat or 1 pound cooked Chicken pieces
- 1 can (15 oz.) black beans, drained and rinsed
- 1 can (11 oz.) whole kernel corn with red and green bell peppers, drained
- 1/2 cup mild or Medium salsa Or 1 can Rotel tomatoes with peppers
- 1/2 cup shredded jalapeño Monterey Jack cheese

Directions

1. Bring 5 cups of water to a boil. When water reached boiling add the rice and stir once. Cover and turn off the heat. Check the rice by stirring. The water should be fully absorbed into the rice and the rice should be tender.
2. Combine the chicken, black beans, corn and Salsa with the rice.

This recipe can be heated on a stove top or baked.

To heat on the stove top: pour the 1 tablespoon of cooking oil into a large skillet or stove top kettle. Combine all the ingredients, except the cheese and heat until thoroughly hot. Spoon into serving bowls and top with cheese.

To Bake: Use oil to grease a casserole or 9X 13 inch baking dish. Spread the rice and vegetable mixture in the pan and sprinkle the cheese over the casserole. Bake for 30 minutes.

CHICKEN AND RICE POT PIE

Ingredients

- 2 cups cooked rice (see instructions on first page for cooking rice)
- 2 cups cooked chicken, cubed (or 1 -2 cans of Chicken breast)
- 1 cup frozen mixed vegetables
- 1 can (10.5 oz.) cream of chicken soup (tip, buy store brands to save)
- 1 cup chicken broth – if using canned chicken, save broth and add ½ cup water
- 1 teaspoon of Greek Seasoning OR Lawry's Seasoning Salt (these seasoning contain, salt, pepper, garlic and often an herb like oregano)
- Nonstick cooking spray
- 2 sheets refrigerated pie crust (OR - 1 package refrigerated biscuits can be used as topping. Just eliminate the bottom crust.)

Directions

Preheat your oven to 375°F.

- **Step 1:** In a large mixing bowl, combine the chicken, rice, vegetables, soup, chicken broth and seasoning salt. Mix well until all ingredients are evenly combined.
- **Step 2:** Coat a 9-inch pie dish (or a cake pan or even an oven safe skillet, with nonstick cooking spray and place one sheet of refrigerated pie crust on the bottom, pressing it against the sides of the dish.
- **Step 3:** Pour the chicken and rice mixture into the pie dish, spreading it out evenly. Cover the mixture with the second sheet of refrigerated pie crust. Seal the edges by pressing the top and bottom crusts together.
- **Step 4:** Cut a few slits on the top crust to allow steam to escape during baking. Place the pie dish on a baking sheet to catch any spills.
- **Step 5:** Bake in 350 oven for 40 minutes, until the crust is golden brown and the filling is bubbling. Remove pie from the oven and cool for a few minutes before serving.

CHILI BEANS WITH TURKEY SAUSAGE AND RICE

A super simple, tasty and healthy meal. Serve the chili beans and turkey sausage with rice one night. Serve leftovers with lettuce and cheese in a burrito the next night.

Ingredients

- 1 pound turkey sausage, removed from casings and browned.
- 1 - 16 ounce can Chili beans
- 1 - 16 ounce can drained Pinto Beans
- 1 - 16 ounce can crushed tomatoes (can be a seasoned variety, plain variety or a tomato product with peppers can be used for a spicy dish)
- 2 cups cooked rice – see instructions for cooking rice

Directions

1. Combine all ingredients except rice and heat in a sauce pan
2. Serve the bean, turkey and tomato mixture over the rice. You may add additional salsa and cheese if desired.

Combine any leftover beans and sausage with rice and refrigerate. This mix can be used to fill burritos and serve with a small amount of shredded cheese.

RICE PIZZA BAKE – TASTY, FUN AND HEALTHY

Ingredients

- cooking spray
- 1 1/2 cups uncooked parboiled long-grain white rice
- 2 1/4 cups vegetable or chicken stock
- 1 teaspoon seasoned salt
- 2 cups marinara sauce (split into 1 1/2 cups 1/2 cup portions)
- 1/4 cup freshly grated Parmesan cheese
- 15 pepperoni slices (or thinly slice 1 or 2 Hot dogs into thin slices)
- 1 cup shredded low-moisture part-skim mozzarella cheese

Directions

1. Combine rice, chicken stock, seasoning and 1 1/2 cups marinara sauce.
2. Bring to a boil over medium heat, reduce heat to simmer, cook covered, stirring every few minutes, until rice is almost fully cooked through, 18 to 20 minutes.
3. Add remaining marinara sauce and 1/4 cup parmesan
4. Grease a baking dish, spread rice and marinara mixture in baking dish
5. Top with pepperoni and Mozzarella cheese, bake at 375 degrees for 15 to 20 minutes until cheese is melted and lightly browned.

Rice Pudding

Ingredients

- 1 1/2 cup cooked white rice
 - 1 cup vanilla yogurt
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon ground cinnamon
 - 1/3 cup granulated sugar
 - 1/3 cup raisins
 - 1/2 teaspoon vanilla extract
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- Place the cooked rice along with the vanilla yogurt, sugar and salt in a bowl, Stir.
 - Add raisins, and additional vanilla (optional)
 - Sprinkle with cinnamon

Simple measuring tools. It's pretty easy to measure using cans and spoons

- An 8 ounce can of anything (often tomato sauce) is one cup. Wash and clean any 8 ounce can and you have a one cup measure. Fill the can half way and you have 1/2 cup. Most of the individual serving applesauce cups are also 1/2 cup. When you fill the applesauce cup 1/2 way you get 1/4 cup.

- Fill the tomato sauce can a little less than half full for ingredients that call for 1/3 cup, and a little over half full will be 2/3 cup.
- A 12 ounce soup can is about 1 and 1/2 cups.
- A soup spoon is about 1 Tablespoon (not heaping full), and a regular teaspoon is about 1 teaspoon (not heaping full). There are 3 teaspoons in a tablespoon.

Recipes use directions that might sound confusing. Here are a few:

“Cream” together - often a recipe for a cookie, quick bread or cake will say “cream together” sugar and butter. Creaming is mixing until there are no lumps.

“Dice” is used to describe cutting large items into pieces around 1/4 to 1/2 inch in size. Onions are diced in many recipes

Cooking might ask you to simmer, or boil or reduce

“Simmer” – hot enough so that there are small bubbles around the edge.

“Boil” – bubbles all over. Try to keep the heat low enough that the bubbles don’t escape over the sides of the pot.

“Reduce” – this means you might cook until some of the liquid evaporates.

“Flip” – just means to turn the item over.

Two seasonings to provide flavor: Lawry’s Seasoned Salt or Greek Seasoning: salt, pepper, garlic and oregano in one product