

Mexican Rice

Cook Time: 30 minutes

Ingredients:

- 1/2 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1 large clove garlic, minced
- 2 teaspoons canola oil
- 1 cup long-grain rice
- 1 can (about 15 ounces) diced tomatoes with liquid
- 1 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 1/2 cups beef broth

Preparation:

In a heavy skillet sauté onion, green bell pepper and garlic until onion is softened. Add rice to skillet and cook over medium-high heat until rice has browned. Add tomatoes, chili powder, salt, and beef broth. Bring to a boil; cover, lower heat, and simmer until liquid has been absorbed, about 20 minutes. Taste and add more salt if needed.
Mexican rice recipe serves 6.

Chinese Chicken Fried Rice I

INGREDIENTS:

1/2 tablespoon sesame oil	1 large red bell pepper, diced
1 onion	3/4 cup fresh pea pods, halved
1 1/2 pounds cooked, cubed chicken meat	1/2 large green bell pepper, diced
2 tablespoons soy sauce	6 cups cooked white rice
2 large carrots, diced	2 eggs
2 stalks celery, chopped	1/3 cup soy sauce

DIRECTIONS:

1. Heat oil in a large skillet over medium heat. Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.
2. Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.
3. Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

Cheesy Chicken and Rice Casserole

INGREDIENTS:

4 skinless, boneless chicken breast halves - cut into bite size pieces
salt and pepper to taste
2 cups cooked white rice

1 (10.75 ounce) can condensed cream of chicken soup
2 cups shredded Cheddar cheese
3 slices soft white bread, cubed

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. To Cook Chicken: Season chicken with salt and pepper to taste, place in a microwave-safe dish, cover and cook in microwave for 5 to 6 minutes. Turn and cook another 2 to 3 minutes or until cooked through and no longer pink inside. Let cool.
3. In a 9x13 inch baking dish, combine chicken, rice and soup and mix well. Top with cheese, then with bread cubes.
4. Bake at 350 degrees F (175 degrees C) for 20 minutes, or until cheese is melted and bubbly and bread is crunchy.

Festive Spiced Rice Recipe - Rajasthani Pilau (Rajasthan)

The State of Rajasthan is beautiful. Costumes in vivid colors dazzle and enchant. Even the food reflects this love of color, dishes being garnished with the bright reds and greens that Rajasthani folk delight in.

Ingredients:

Serves: 4-6

2 1/2 cups long grain rice
3 tablespoons ghee or oil
2 medium onions, finely sliced
2 sticks cinnamon
6 cardamom pods, bruised
6 whole cloves
10 whole black pepper
4 cups hot stock or water
Salt to taste

Method:

If the rice needs washing, wash well in several changes of cold water and leave to soak for 1 hour. Then drain in a colander for at least 30 minutes.

Heat ghee or oil in a large, heavy saucepan and fry the sliced onion with the cinnamon, cardamoms, black pepper and cloves until the onions are golden, stirring frequently so that they brown evenly. Add the rice and fry for about 3 minutes, then pour in the stock or water. Add the salt and stir well while bringing quickly to the boil. Turn heat very low, cover tightly and cook without lifting lid for 25 minutes. Uncover, allow steam to escape for a few minutes, remove whole spices.

Serve hot with curry.

Chicken Rice Casserole

Ingredients:

3/4 Cups Wild Long Grain Rice Mix
1/2 Cup Onion Chopped
1/2 Cup Celery Chopped
2 Tablespoons Butter Or Margarine
1 Can Cream Of Mushroom Soup
1/2 Cup Low Fat Sour Cream
1/2 Cup Dry White Wine
1/2 Teaspoon Curry Powder
2 Cups Cubed Cooked Chicken
1 Garlic Clove Minced

Information:

Serving Size 6
310 Calories Per Serving
10 Grams Of Fat

Cooking Directions:

The first step to making this delicious dish is to Cook the rice as the package says. Usually one part to one part. Now in a medium skillet add the butter and saute the onions, minced garlic and celery until glazed over but still crunchy. Gradually stir in condensed cream of mushroom soup, sour cream, dry white wine and curry powder. Now stir in cubed cooked chicken and the cooked rice. mix for 1 minute. Pour all contents into a large baking dish, bake at 350 degrees for 40 minutes. Stir well before serving. Serve warm with white wine.

Chicken Fried Rice

Ingredients:

4 Cups Boiled White Rice
2 Cups Sliced Fried Chicken
2 Tablespoons Extra Virgin Olive Oil
1 Tablespoon Ground Black Pepper
4 Tablespoons Soy Sauce
2 Large Diced Onions
4 Large Beaten Eggs
1 Tablespoon Sesame Oil
1 Cup Of Fresh Bean Sprouts
1 Cup Of Sliced Mushrooms
1 Teaspoon Onion Powder
1 Sliced Hot Red Pepper

Information:

Serving Size 6
314 Calories Per Serving

11 Grams Of Fat

Cooking Directions:

The first step is to boil 4 cups of white rice, you can also use brown rice. Heat both oils in a non stick Wok on medium high heat. Once the oil is hot, fry the veggies, and red pepper. Once the veggies are nice and golden, add in the rest of the ingredients. Fry up everything until it is all golden brown. You can also substitute the soy sauce for teriyaki sauce for a different flavor. Serve it hot.

Chinese Chicken Fried Rice I

Ingredients

- 1/2 tablespoon sesame oil
- 1 onion
- 1 1/2 pounds cooked, cubed chicken meat
- 2 tablespoons soy sauce
- 2 large carrots, diced
- 2 stalks celery, chopped
- 1 large red bell pepper, diced
- 3/4 cup fresh pea pods, halved
- 1/2 large green bell pepper, diced
- 6 cups cooked white rice
- 2 eggs
- 1/3 cup soy sauce

Directions

1. Heat oil in a large skillet over medium heat. Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.
2. Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.
3. Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

Nutritional Information Amount Per Serving Calories: 425 | Total Fat: 9.5g | Cholesterol: 141mg

Cheesy Chicken and Rice

INGREDIENTS:

1 tablespoon vegetable oil	1 1/2 cups water
1 1/2 pounds skinless, boneless chicken breasts	1/4 teaspoon paprika
1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)	1/4 teaspoon ground black pepper
	1 1/2 cups uncooked instant white rice
	2 cups fresh or frozen broccoli flowerets
	1/2 cup shredded Cheddar cheese

DIRECTIONS:

1. Heat oil in medium skillet over medium-high heat. Add chicken and cook 10 minutes or until browned. Remove chicken.
2. Add soup, water, paprika and black pepper. Heat to a boil.
3. Stir in rice and broccoli. Return chicken to skillet. Sprinkle chicken with additional paprika and black pepper. Top with cheese. Reduce heat to low. Cover and cook 5 minutes or until chicken is no longer pink and rice is done.

SHRIMP STIR FRY

3 T. cornstarch
1 ¾ c. chicken stock
½ t. sesame oil
1 T. soy sauce
2 T. vegetable oil
1 lb. medium shrimp, peeled and deveined
4 c. stir fry vegetables
½ t. ground ginger
1/8 t. garlic powder
4 c. hot cooked long-grain rice

1. Stir the cornstarch, stock, soy sauce and sesame oil in a small bowl until mixture is smooth.
2. Heat 1 T. vegetable oil in a 12-inch skillet over medium-high heat. Add the shrimp and stir-fry until they're cooked through. Remove the shrimp from the skillet.
3. Heat the remaining vegetable oil in the skillet. Add the vegetables, ginger and garlic powder and stir-fry until the vegetables are tender crisp.
4. Stir the cornstarch mixture in the skillet. Cook and stir until the mixture boils and thickens. Return the shrimp to the skillet and cook until the mixture is hot and bubbling. Serve over rice.

UNCLE BEN'S® SPICY CAJUN RICE AND SHRIMP LETTUCE WRAPS

1. **Serves:** 8
2. **Prep time:** 15
- **Meal Occasion:** Main Dish, Lunch, Dinner
- **Cuisine Type:** Asian



Ingredients

- 1 pouch UNCLE BEN'S® READY RICE® Cajun Style
- 1/2 lb. cooked shrimp (frozen)
- 1/3 cup red pepper diced
- 1 head iceberg lettuce
- 1/3 cup scallion diced
- 1/2 tsp. hot sauce
- 1/4 tsp. garlic powder
- 1 Tbsp. olive oil

Instructions

1. Thaw shrimp by placing it in a bowl of cold water and allowing it to sit for about 15 minutes. Drain water, pat shrimp dry, remove tails and cut each shrimp into three pieces. Place in a medium size bowl.
2. Add hot sauce, garlic powder, olive oil, diced pepper and scallion to shrimp bowl. Toss well to thoroughly combine ingredients.
3. Prepare rice according to package instructions and place in large bowl to slightly cool. Then add shrimp mixture to the rice. Remove the core of the lettuce head and gently tear off the outer leaves.
4. If ready to eat lettuce wraps immediately, use one or two of the larger, outer leaves and scoop the filling into it using a tablespoon measuring utensil, wrap it up and enjoy!

If preparing the dish for a later meal, prepare filling as directed above and then place mixture in a portable container and refrigerate. When ready to eat, heat rice mixture in microwave for one minute and then scoop a serving (two tablespoons) of the filling into one or two layers of the outer leaf, wrap it up and enjoy! The remainder of the dish can be separated into individual servings or stored for future use.

Quick Chicken Stir-Fry

Recipe courtesy Emeril Lagasse, 2005

Prep Time: 15 min

Cook Time: 10 min

Level: Easy

Serves: 4 servings

Ingredients

- 1 (7-ounce) package mung bean (cellophane) noodles
- 1/4 cup canned low-sodium chicken broth or chicken stock
- 2 teaspoons cornstarch
- 3 tablespoons soy sauce
- 1 tablespoons hoisin sauce
- 2 teaspoons packed light brown sugar
- 1 teaspoon dry sherry, optional
- 2 tablespoons peanut or vegetable oil
- 3 tablespoons sliced on the bias green onions, plus more for garnish
- 2 cloves garlic, minced
- 2 teaspoons minced gingerroot
- 1/2 teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breast halves, cut into thin strips
- 1 (14-ounce) bag frozen mixed vegetables (broccoli florets, julienne red peppers, sugar snap peas and water chestnuts), about 3 cups, thawed

Directions
While assembling the other ingredients, soak the noodles in hot water to soften, 10 to 15 minutes. Drain and set aside.

To make the sauce, in a bowl, whisk together the chicken broth with the cornstarch. Add the soy, hoisin, sugar, and sherry, if using, whisk, and set aside.

Heat a wok over high heat. Add the oil and when hot and nearly smoking, add the green onions, garlic, ginger, and red pepper flakes and cook, stirring, for 10 to 15 seconds. Add the chicken and stir-fry until turning opaque and nearly cooked through, 3 to 4 minutes. Add the vegetables and stir-fry for 1 minute. Add the sauce, stir and toss, cooking until the chicken is all the way cooked through and the sauce is thick, about 2 minutes. Remove the chicken and vegetables from the pan. Add the noodles, toss, and cook to warm through, 30 seconds to 1 minute.

Transfer the stir-fry to a platter and garnish with additional green onions. Arrange the noodles on the side and serve immediately.

Cheesy Rice and Broccoli



Prep Time: 5 Minutes
Cook Time: 10 Minutes

Ready In: 15 Minutes
Servings: 8

INGREDIENTS:

3 cups fresh broccoli florets
2 cups chicken broth

2 cups Minute® White Rice, uncooked
1/2 pound reduced fat pasteurized
prepared cheese product, cut up

DIRECTIONS:

1. Place broccoli and broth in medium saucepan. Bring to boil on medium-high heat.
2. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Stir in prepared cheese product; cover. Let stand 5 minutes. Stir until prepared cheese product is melted.

Steak Stir Fry

1 t. beef bouillon granules
1 c. boiling water
2 T. cornstarch
1/3 c. soy sauce
1 lb. boneless sirloin steak, cut into thin strips
1 garlic clove, minced
1 t. ground ginger
¼ t. pepper
2 T. vegetable oil, divided
1 large green pepper, julienned
1 c. sliced carrots or celery
5 green onions, cut into 1-inch pieces
hot cooked rice

1. Dissolve bouillon in water. Combine the cornstarch and soy sauce until smooth; add bouillon. Set aside.
2. Toss beef with garlic, ginger and pepper. In a large skillet or wok over medium-high heat, stir-fry beef in 1 T. oil until cooked as desired; remove and keep warm.
3. Heat remaining oil; stir-fry vegetables until tender-crisp. Stir soy sauce mixture and add to the skillet; bring to a boil. Cook and stir for 2 minutes.
4. Return meat to pan and heat through.
5. Serve over rice.

General Tso's Chicken

- 3 lbs. boneless skinless chicken breasts, cut into chunks
- 2 c. green onions, sliced
- 8 small dried chilies, seeds removed (bird pepper or thai chilies are good)

Cornstarch Slurry

- ¼ c. soy sauce
- 1 egg, beaten
- 1 c. cornstarch

Sauce

- ½ c. cornstarch
- ¼ c. water
- 1 ½ t. fresh garlic, minced
- ¾ c. sugar
- ½ c. soy sauce
- ¼ c. white vinegar
- ¼ c. sherry wine or white wine (we left this out)
- 14 ½ oz. chicken broth

1. Place sauce ingredients in a quart jar with a lid and shake to mix. If you make this ahead of time, just refrigerate until needed, shaking it again when you are ready to use it.
2. Mix cornstarch slurry in a large bowl. The mixture will be strange, but it works! It will be VERY thick, almost paste-like. Add chicken pieces to coat.
3. Using a fork, remove ONE piece at a time and let the excess mixture drip off.
4. Add chicken to the hot (350 degree) oil and fry until crispy. Only cook 7 or 8 chicken pieces at a time, so as not to lower the temperature of the oil.
5. Drain on paper towels. Keep warm.
6. In a separate wok or large skillet, add a small amount of oil and heat to 400. Add green onions and hot peppers and stir-fry about 30 seconds.
7. Stir sauce mixture and add to the onions and peppers. Cook until thick. If it seems too thick, you can add a little water.
8. Add the chicken to the sauce mixture. Cook until all ingredients are hot and sauce is bubbly.
9. Serve over rice.