

Budget stretching ideas using Rice

Make a pot of rice and add any of these ingredients to make a meal (or maybe think of a few of your own!)

- ✓ Butter, salt, and pepper
- ✓ Milk and sugar
- ✓ Creamy gravy or a white sauce with browned butter
- ✓ Cinnamon and brown sugar
- ✓ Cooked chopped carrots and broccoli flowerets
- ✓ Cooked onions and bell peppers
- ✓ Pine nuts and balsamic vinegar
- ✓ Cilantro and a little lime juice
- ✓ Scrambled eggs with cooked bacon bits
- ✓ Peas with butter, salt, and pepper
- ✓ Black beans
- ✓ Pinto beans
- ✓ Salsa
- ✓ Homemade Chili
- ✓ Chicken with broccoli
- ✓ Fresh chopped tomatoes from the garden
- ✓ Green beans and sliced almond
- ✓ Spanish rice, just add salsa and spices when you cook the rice
- ✓ Fried rice with scrambled eggs and leftover meat
- ✓ Add some rice to your morning brunch quiche
- ✓ Rice pudding
- ✓ Rice salad with freshly chopped veggies and a little olive oil, or drizzle some balsamic vinegar

Fried Rice with Bacon or Pork

✓
2 cups cooked white rice
1 cup frozen peas, uncooked
1 cup chopped onions, uncooked
2 tablespoons butter
1 cup leftover chopped pork or bacon
6 eggs, slightly beaten
1 teaspoon Soy Sauce (optional)
pepper to taste

Cook the eggs in the butter until cooked thoroughly. Set aside. Cook the peas and onion until tender. Combine the rice, eggs, veggies, meat, and heat through. Add Soy Sauce and pepper.

Mexican Fried Rice

2 cups cooked rice
1 4-ounce can green chilies
1 cup frozen corn (thawed)
1/2 cup chopped tomatoes
1/2 cup fresh or frozen green beans
1/2 cup chopped onions
2 tablespoons olive oil
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon Paprika
Pepper to taste

Heat the oil in a frying pan with the onions and cook until tender. Add the remaining ingredients and cook until heated through.

Vegetable Fried Rice

6 eggs, slightly beaten
2 tablespoons butter
1 tablespoon olive oil
1 cup chopped red or green bell peppers
1 cup onions, chopped
1 cup chopped carrots
1 cup frozen peas, thawed
2 cups cooked white rice
1 teaspoon Soy Sauce
pepper to taste

Cook the eggs in the butter and set them aside. Cook the bell peppers, onions, and carrots in the olive oil until tender. Add the eggs, rice together and sprinkle the Soy Sauce over the ingredients in the frying pan. Serve when heated through

Egg Fried Rice

2 cups cooked rice
6 eggs, slightly beaten
2 tablespoons butter
1 cup chopped onions, frozen or fresh
1 cup frozen peas, thawed slightly
1 teaspoon Soy Sauce
pepper to taste

Cook the eggs in the butter and set them aside. Cook the peas and onions until tender. Combine the ingredients with heat thoroughly. Stir in the Soy Sauce and serve

Chicken and Rice Soup

1 tablespoon Butter
1 small onion (1/2 cup, chopped)
1 cup celery (sliced)
3 medium carrots (1 cup, coarsely chopped)
1 teaspoon fresh garlic (finely chopped)
48 ounces chicken broth
1 cup water
½ teaspoon smoked paprika
2 cups rice (cooked)
2 cups deli rotisserie chicken (skinned, boned, chopped)
2 tablespoons fresh parsley (chopped, if desired)
add salt (if desired) & add pepper (if desired)

Melt butter in 4- to 6-quart saucepan over medium heat until sizzling. Add onion, celery, carrots and garlic; continue cooking 3-5 minutes or until onions are softened.

Add chicken broth, water and paprika. Continue cooking, stirring occasionally, 7-9 minutes or until mixture comes to a boil and carrots are tender. Stir in rice, chicken and parsley. Cook 5-7 minutes or until heated through. Season with salt and pepper, if desired. Serve immediately.

Asian Chicken & Rice Lettuce Wraps

2 cups cooked Jasmine rice
1 pound ground chicken
½ cup Asian stir-fry sauce
1 stalk celery, finely diced
4 green onions, diced
1 carrot, grated
1 (5 ounce) can water chestnuts, diced
1 head romaine lettuce, separated into individual leaves

Cook Jasmine Rice.

Brown ground chicken in a large non-stick skillet over medium heat, about 10 minutes. Drain and return chicken to skillet. Add stir fry sauce to chicken, along with celery, green onions, grated carrot, and water chestnuts. Stir to combine over low heat until just heated through, about 5 minutes.

Fill each lettuce leaf with a scoop of jasmine rice and top with a scoop of chicken mixture.

Beef & Broccoli Stir-Fry with Jasmine Rice

4 cups Jasmine Rice - cooked
Non-stick cooking spray
1-1/2 pounds beef sirloin steak, thinly sliced
2 garlic cloves, minced
4 green onions, thinly sliced
3 cups broccoli florets, blanched
1/4 cup soy sauce

Cook rice according to package instructions.

Coat a large skillet with non-stick spray and sauté the beef until browned.

Add the garlic, green onions, broccoli and soy sauce; sauté for 1 minute.

Serve beef and broccoli over rice or combine into one dish.

15 Minute Chicken & Rice Dinner

1 ¼ pounds skinless, boneless chicken breast halves
1 tablespoon vegetable oil
1 can (10 1/2 ounces) Cream of Chicken Soup (or make from scratch)
1 ½ cups water
¼ teaspoon paprika
¼ teaspoon ground black pepper
2 cups uncooked instant white rice
2 cups fresh or frozen broccoli florets

Season the chicken as desired. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water, paprika and black pepper in the skillet and heat to a boil. Stir in the rice and broccoli.

Reduce the heat to low. Return the chicken to the skillet. Sprinkle the chicken with additional paprika. Cover and cook for 5 minutes or until the chicken is cooked through. Season to taste.

Chicken-and-Wild Rice Salad

This healthy dish is table-ready in 25 minutes. Start with cooked whole grain brown and wild rice and add pecans, red bell pepper, and green onions for flavor. By using shredded, cooked chicken you will keep your preparation time to a minimum, and toasting the pecans will take no time at all. What results is a fresh, delicious salad that comes together fast, and goes from countertop to table in minutes. It tastes delicious, is fresh, and is packed with flavor. This quick-fix dinner could be a family staple.

Chicken and Rice bake

2 cups white rice – not instant, uncooked
2 cups milk
2 cups hot water
4 bouillon cubes
2 cans cream of chicken soup
4 chicken breasts cut into chunks
1 cup grated parmesan cheese
2 small cans mushrooms (optional)
Salt and pepper

Spray the inside of a 9x13 casserole dish with Pam
Pour the rice on the bottom of the dish
Dissolve the bouillon cubes in the hot water
Pour the milk, bullion, soup and ½ the cheese over the rice. Stir in the pan until well blended
Add salt and pepper to taste
Layer the chicken and mushrooms in the pan
Cover with the remaining cheese
Cover with tin foil and bake at 350 degrees for 2 hours

Quick and Easy Spanish Rice

2 tablespoons vegetable oil
½ onion (chopped)
1 cup uncooked short grain white rice
2 cups chicken broth
1 cup chunky salsa (mild, medium, or hot)

In a large skillet over medium heat, heat oil. Stir in the onion and cook until translucent and tender.
Mix rice into the skillet. Stir the rice often.
When rice begins to brown, stir in the chicken broth and salsa.
Reduce heat, cover and simmer for 20 minutes, until the liquid has been absorbed

Easy Rice Pudding – great for left over rice

6 ounces low fat vanilla yogurt
½ cup jasmine rice (cooked and chilled)
Mix together and eat!

Broccoli Rice Casserole

6 ounces broccoli (chopped, fresh or frozen)

½ cup onion (chopped)

3 tablespoons butter

1 cup Velveeta cheese (diced)

10.75 ounces cream of chicken soup (1 can)

2 cups white rice (cooked)

If you are using fresh broccoli, steam in a steamer until just done. Follow the directions on your steamer, or steam with a pot and a steamer insert. This takes 5 to 7 minutes. In a medium saucepan, cook the onion in the butter until transparent. Add the cheese, soup, broccoli, and rice to the onions and stir through to melt the cheese and heat it all. You can serve this dish now, or you can put it in an 8-inch square baking pan, cover, and refrigerate. When you are ready to serve, uncover and reheat it in a 350 degree F oven for about 20 minutes, until hot and bubbly.

Zucchini Rice - Adjust the recipe to your family's size

2-4 T Oil

5 cups white rice

1 large fresh onion or three handfuls of dried onions

10 cups water Note: 2 cups of water for every cup of white rice, 2 ½ cups water for every cup of brown rice

2-4 cups of raw grated zucchini or 1 quart bag of frozen grated zucchini

2 heaping spoonful's of chicken or beef base - Any kind of powdered broth or bouillon will work for flavoring

Cover the bottom of your stockpot or saucepan with oil.

Saute your dry rice and fresh onions in the oil until the some (about one fourth) of the rice grains turn a golden color. Note: If you're using dried onions, don't add them until after you add the water. They'll burn.

Add your water, zucchini, and flavoring. Stir thoroughly. Note: It's ok to put the frozen zucchini right into the rice. Just put the lid on the pan and stir it every few minutes - until frozen zucchini is thawed.

Bring the rice to a boil. Put the lid on the pan and turn the heat down to low. When the rice isn't watery, it's done.

Green Bean and Carrot Casserole – a great way to use your canned carrots and beans

1 Quart Green Beans

1 Quart Carrots

1 Pound hamburger (optional)

2 T Soy Sauce

1 Small can cream of mushroom soup

6 Cups cooked rice or 2 cups uncooked rice

Cook the Rice. Fry the hamburger. When the hamburger is almost done, add the soy sauce and simmer for a couple of minutes.

Thoroughly mix the cream of mushroom soup with a can of water (I use the water that I drain off the carrots or beans).

Drain the carrots and beans.

Mix the carrots, beans, mushroom soup gravy, and hamburger in a bowl.

Layer this mixture on top of the rice.

Cover with tin foil and bake at 350°F for 30 minutes.

Mexi-Lentils N' Rice – A popular no-meat main dish

- Serve hot in shallow bowls, topped with grated cheddar cheese, and a little salsa. Can also add crushed tortilla chips, salsa, sour cream, shredded lettuce. We use leftovers as a filling for burritos.

1/2 c. brown rice

3/4 c. lentils (brown or green), picked over and rinsed

2 and 3/4 c. water (may need more later)

1/2 to 3/4 c. finely chopped onions

1/2 tsp. garlic salt

2 beef bouillon cubes

2 to 3 tsp. chili powder

1/2 tsp. ground cumin

1/2 tsp. dried crushed oregano

grated cheddar cheese (3 T. per serving)

taco sauce or salsa (optional)

Put rice, rinsed lentils and water in a pot. Bring to rolling boil; reduce heat to lowest, cover. Allow to simmer for 45 minutes or until tender (add more water towards the end of this cooking time if the rice isn't quite done). Add chopped onions, garlic salt, chili powder, cumin, oregano. Cover; cook on low about 15 more minutes, or until onions are tender. Take off heat, keep covered a bit longer. To serve: place hot from the pan into a shallow bowl, immediately top with grated cheese. Makes 4 to 5 servings.