PANTRY POSSIBILITIES

RICE PACKET



WAYS TO USE

- Chili Rice - Add canned beans, tomatoes and chili powder. (Goes best with chips for a crunch.) Drain and rinse any canned bean. Use any canned tomatoes with the liquid. Sprinkle chili powder to taste. Stir and enjoy!
- Stir Fry Rice - Add eggs, frozen veggies and soy sauce. Scramble 1-2 eggs in a separate pan, microwave frozen veggies such as peas and carrots according to package directions, drain excess water. Mix eggs, and veggies into rice, add soy sauce to taste. Stir and enjoy!
- Sweet Potato Rice - Add roasted sweet potatoes, canned black beans and salsa. (See recipe below)

Sweet Potato Rice

Ingredients

- 2 cups sweet potato (diced into small pieces, peeling is optional)
- 1 rice packet
- 1 can (15 oz) black beans (drained, rinsed)
- ½ cup salsa

Instructions

- Wash, peel (optional), and dice potatoes into small even pieces.
- Spray cookie sheet with non-stick spray or use oil.
- Roast potatoes at 425° for 20 minutes.
- Cook rice packet according to directions.
- Add cooked potatoes, and beans to rice.
- Top with salsa.

COOK ONCE, EAT TWICE

- Leftover Chili Rice - Make a taco bowl with ground beef or turkey, cheese, lettuce, and fresh tomatoes.
- Leftover Stir Fry Rice - Make an eggroll bowl with ground beef or turkey, shredded cabbage, and cut carrots.
- Leftover Sweet Potato Rice - Make a quesadilla with ground beef or turkey, cheese, and tortillas.

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FOOD BANK