

Brown Rice Recipes



CHICKEN AND RICE CASSEROLE Serves 6.

2 cups cooked chicken, in bite size pieces
2 cups cooked brown rice
1/2 green pepper, chopped
1 small onion, chopped
1/2 cup chopped celery

1-1/2 cups chicken broth
Salt, pepper and sage, to taste
2 cups cracker crumbs
2 Tbsp. butter or margari...

Mix chicken, rice, onion, green pepper and celery in large bowl. Stir together chicken broth and seasonings. Pour over chicken and rice mixture and gently stir until well blended. Place in greased 3-quart casserole dish (9x11 baking dish). Melt butter or margarine in skillet. Add cracker crumbs and cook until brown. Sprinkle cracker crumbs on top of casserole. Bake at 350° for 45 minutes or until bubbly and hot.

NUTRITION FACTS (per serving) - Calories 320 ~ fat 12 g ~ calories from fat 110 ~ sodium 520 mg ~ total carbohydrate 32 g ~ fiber 2 g

QUICK SPANISH RICE Serves 4.

2 cups cooked brown rice
1/2 cup green pepper, chopped
1 tsp. grated onion
1/8 tsp. pepper
3/4 cup condensed tomato soup

1/4 cup water
1 tsp. salt
3 strips bacon, optional
1/3 cup grated cheese

Preheat oven to 375°. Mix rice, green pepper, onion, pepper, soup and water and pour into a greased 1-quart casserole dish. Place bacon on top and bake for 15 minutes. Remove from oven and top with cheese and bake 5 minutes longer.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 6 g ~ calories from fat 50 ~ sodium 420 mg ~ total carbohydrate 34 g ~ fiber 2 g

SPICY BEANS AND RICE Serves 6.

2 cups cooked dry beans or 1 (16 oz.) can
kidney beans, undrained
1 cup water

3/4 cup picante sauce or salsa
3 cups cooked brown rice
1/2 cup shredded cheese

Bring kidney beans, water and picante sauce to boil in medium saucepan. Stir in rice; cover. Heat 5 minutes or until hot. Fluff with fork. Sprinkle with cheese.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 280 mg ~ total carbohydrate 44 g ~ fiber 9 g



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.