

Rice Recipes

Rice Pudding (*"I Can't Believe It's Food Storage," Crystal Godfrey*)

Ingredients:

1/3 cup rice, uncooked
1/3 cup sugar
3 cups evaporated milk (1 cup + 2 Tbs dry powdered milk + 3 cups water)
1-2 tsp cinnamon to taste
1 tsp vanilla
nutmeg
1/4 cup raisins (optional)

Directions -

Preheat oven to 350°f. Combine all ingredients except nutmeg and pour into 1 1/2 quart baking dish. Sprinkle with nutmeg over top. Bake for 1 hour to 1 hour 15 minutes, stirring every 15 minutes.

Herbed Brown Rice

Ingredients:

1 can chicken broth
1 1/3 cups water
2 Tbs butter
1 Tbs dried onion
1 tsp dried parsley
1/4 tsp garlic powder
1/4 tsp ground thyme
1 bay leaf
1 1/3 cups uncooked brown rice

Directions -

Add all ingredients, except brown rice, to saucepan and bring to a boil over medium heat. Add rice and return to a boil. Turn to low, cover, and simmer 45 min. Let sit for 5-10 minutes. Remove bay leaf and fluff with a fork before serving.

Mexican Rice

Ingredients:

1 cup regular rice
1 can cream of celery soup
1/2 pint sour cream
1 (4 oz) can green chilies
2 cups grated sharp cheese
1/4 cup sliced black olives

Directions -

Cook rice until done and fluffy (30-40 minutes). Mix in a bowl with rest of ingredients. Place in a greased casserole dish. Sprinkle to with extra cheese and sliced black olives. Cover with foil and bake at 350°F for 45 minutes.

Parmesan Rice Cakes

Ingredients:

3 cups cooked rice
1 cup bread crumbs
3 eggs
2/3 cups grated parmesan cheese
1/4 cup onions finely minced
1/2 tsp salt
pepper
oil for pan

Directions -

1. Place all the ingredients in a bowl and mix well (tip: if mixture seems dry, add another egg - it should hold together, but not be too runny).
2. Heat oil on a nonstick griddle or in a pan over medium-high heat.
3. Using a ¼ cup measure, place a dollop of rice mixture on the griddle/pan, then use the back of the cup to flatten into a patty. Repeat with remaining rice mixture.
4. Cook the first side until golden brown, about 3-5 minutes, then flip and cook the other side until brown.
5. Serve immediately.

Note:

To Make Ahead:

Cover cooled patties and refrigerate until needed, reheating them in a 350 degree oven (or even on the grill) for a few minutes until warm and crisp.

Fiesta Lime Rice

Ingredients:

1 1/2 cups cooked long grain rice
3/4 cup canned black beans, rinsed and heated
3/4 cup cooked corn, heated
1 large tomato, diced
1 large scallion, finely diced
2-4 Tbs chopped cilantro
1 Tbs fresh squeezed lime
salt to taste

Directions -

In a large bowl, combine hot rice, heated corn, heated beans, tomato, scallion, cilantro, lime juice and salt if needed. Toss and serve.

Garlic Coconut Resistant Starch Avocado Rice

Ingredients:

2 cups cooked and cooled rice
1 Tbs coconut oil or butter
2-3 cloves chopped garlic
1 avocado
salt to taste
sesame seeds for sprinkling over rice (optional)

Directions -

Cook some rice in your preferred method. Add about a tablespoon of coconut oil to the water you're using to cook the rice in. Cool the rice overnight in a pot so it turns into a resistant starch rice. When you're ready to have it take out the amount you need to have and leave the rest in the fridge. In a pan or pot at medium heat, melt and heat the coconut oil, then fry the garlic for about a minute. Season with salt and take the rice off the heat. Add the diced avocado and sprinkle on some sesame seeds. Serve with a protein of your choice.

Buttery Mushroom Rice

Ingredients:

2 cups uncooked white rice (not instant)
2 (10 oz) cans condensed Mushroom Soup
2 (10 oz) cans Beef Broth
3/4 - 1 cup butter

Directions -

1. Preheat your oven to 425 degrees.
2. Combine rice, soup and broth in a 9x13 baking pan or a larger casserole dish.
3. Cut the butter into slices and place on top of the mixture.
4. Cover with foil or a lid and then and bake for 30 minutes; remove the cover and bake 20-25 minutes more. The rice is ready when it's cooked and fluffs up with a fork nicely!

Indian Rice and Potatoes

Ingredients:

2 medium potatoes, peeled and cut into sticks
3 tbsp yogurt
2 tbsp minced fresh cilantro
1 tsp ginger, peeled and minced
2 cloves garlic
1/2 tsp cayenne pepper
1/4 c dried coconut
6 whole cloves
1 cinnamon stick
1 bay leaf
1 1/2 tsp cumin seeds

3 tbsp oil
1 cup rice
3/4 tsp turmeric
1 tsp light brown sugar
1 tsp salt
1 tsp lime juice
2 cups water
1/2 c frozen peas
1 tbsp butter

Directions -

Combine yogurt, cilantro, ginger, garlic, cayenne pepper, and coconut. Add potatoes, stir well, and allow to marinate for a few minutes. Heat oil in large pan, and add cloves, cinnamon stick, bay leaf, and cumin seeds. Cook for 1-2 minutes, until cumin turns brown. Add potato and yogurt mixture, and cook for 15 minutes, stirring occasionally. Once potatoes are nicely browned, add rice, and cook for another minute or two. Add turmeric, brown sugar, salt, lime juice, and water. Bring to a boil, cover with lid, and lower heat to a simmer. Cook, undisturbed, for 15 minutes. Add peas to pot, and do not stir in. Cover with lid and cook an additional 5 minutes. Remove lid, and fluff with fork. Remove from heat, and stir in butter. Serve and enjoy!

Easy Fried Rice

Ingredients:

1-1/2 TBSP butter
2 eggs, whisked
12 ounce bag frozen peas and carrots
2 tsp minced garlic (about 4 cloves)
salt and pepper to taste
4 cups cooked rice, chilled
3 green onions, thinly sliced
1/3 cup soy sauce (more or less to taste)
1 TBSP oyster or fish sauce
1 tsp toasted sesame oil

Directions -

First, melt the butter in the skillet over medium-high heat and add the whisked eggs. Scramble the eggs until they are almost dry. Salt and pepper the eggs to taste, and remove the eggs from the pan. Next, add the rest of the butter into the skillet and saute the garlic for about a minute. Add in the whole bag of frozen vegetables and continue to saute until the vegetables are heated thru...about 3 minutes. (go ahead...put that frozen bag on the back of your neck for a sec ...it will cool you right down). Add the rice, soy sauce, oyster or fish sauce and green onions to the skillet and stir until everything is blended. Then fry the rice for about 5 minutes. It may take a little work to get everything worked into the chilled rice. But it is so worth it! Just a note – the oyster

or fish sauce really give this rice an authentic take-out flavor, but the rice is still amazing without it. If you are adding in cooked meat, this is the time to add it to the skillet. Add the rice, soy sauce, oyster or fish sauce and green onions to the skillet and stir until everything is blended. Then fry the rice for about 5 minutes. It may take a little work to get everything worked into the chilled rice. But it is so worth it! Just a note – the oyster or fish sauce really give this rice an authentic take-out flavor, but the rice is still amazing without it. If you are adding in cooked meat, this is the time to add it to the skillet.

Wild Rice and Butternut Squash Salad with Maple Balsamic Dressing

Ingredients:

Dressing:

1/4 cup extra-virgin olive oil or sunflower oil

2 tablespoons pure maple syrup

2 tablespoons balsamic vinegar

1/2 teaspoon sea salt

scant 1/2 teaspoon black pepper

1/2 tablespoon chopped fresh rosemary

1 clove garlic, minced

Prepare dressing by pureeing all ingredients with an immersion blender or by vigorously whisking

Salad:

2 1/2 cups peeled and finely chopped butternut squash

1 1/2 tablespoons olive oil

sea salt

black pepper

2 1/2 cups thinly sliced kale (lightly massaged) or spinach

1/2 cup thinly sliced leeks, both white and green parts

1/2 cup dried cherries (or dried cranberries)

1/4 cup thinly sliced fresh basil

3 cups cooked wild rice, warmed

Directions -

Preheat oven to 400 degrees. Toss squash with olive oil, salt and pepper. Spread onto a baking sheet and roast for about 25 minutes, stirring once, until fork tender. In a large bowl, combine spinach, leeks, cherries and basil. Stir in warm rice and squash so that spinach wilts slightly from the heat. Stir dressing (recipe below) into salad; taste and adjust salt level if needed. Serve at room temperature.