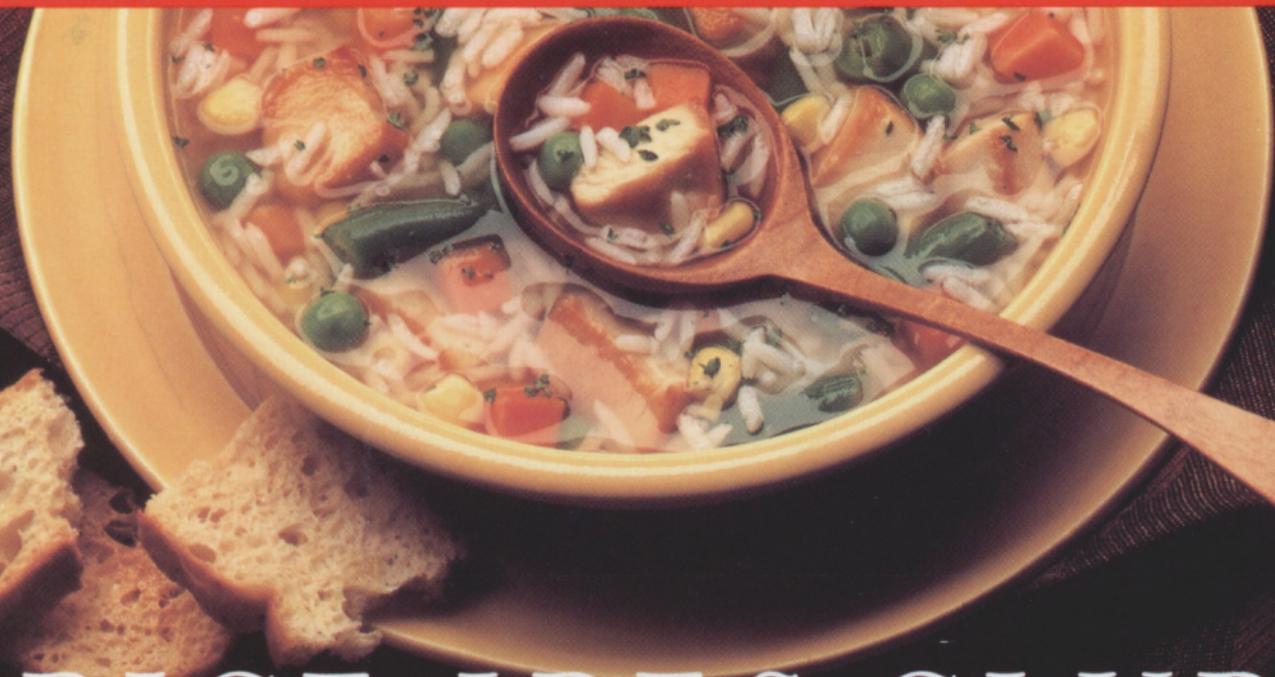


MINUTE[®] BRAND



RICE-IPES CLUBSM



RICE-IPES CLUBSM

A warm welcome again to the MINUTE RICE-IPES CLUB,SM featuring delicious recipes for hearty fall appetites! There's **Chunky Chicken Rice Soup**, hot and fortifying on chilly afternoons, and classic favorites like **Rice Pudding** and **Creamy Rice & Vegetables**. All are prepared in 30 minutes or less with MINUTE[®] Original Rice and ingredients you probably already have on hand.

Look for our new packaging in your store at the end of 1992, and please accept the enclosed refrigerator magnet with our compliments! We're changing our look, but not the quality and great taste you expect from MINUTE[®] Original Rice!





CREAMY CHICKEN AND BASIL





Creamy Chicken and Basil

30
MINUTES

2 tablespoons oil

1 pound boneless, skinless
chicken breasts, cut into strips

1 small onion, chopped

1 small green pepper, chopped

1 can (16 ounces) whole
tomatoes, undrained

1 can (10³/₄ ounces) condensed
cream of mushroom soup

1/2 cup water

1/2 - 3/4 teaspoon dried basil leaves

1/4 teaspoon dried oregano leaves

1/8 teaspoon pepper

1 1/2 cups MINUTE[®] Original Rice

1 tablespoon chopped parsley

- ▶ Heat oil in large skillet on medium-high heat. Add chicken; cook and stir until lightly browned. Add onion and green pepper; cook and stir until tender.
- ▶ Add tomatoes, soup, water, basil, oregano and pepper. Bring to boil. Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes. Fluff with fork.

Makes 4 servings.



CREAMY RICE AND VEGETABLES





Creamy Rice and Vegetables



**2 cups BIRDS EYE[®] FARM
FRESH Broccoli, Cauliflower
and Carrots**

2 cups milk

1 teaspoon garlic salt

1/4 teaspoon dried basil leaves

1 1/2 cups MINUTE[®] Original Rice

1/2 cup grated Parmesan cheese

- ▶ Bring vegetables, milk, garlic salt and basil to boil in large saucepan.
- ▶ Stir in rice and cheese; cover. Remove from heat.
- ▶ Let stand 10 minutes or until milk is absorbed.

Makes 4 servings.



CHUNKY CHICKEN RICE SOUP





Chunky Chicken Rice Soup

25
MINUTES

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|---|---|
| 1 teaspoon oil | 1 package (10 oz.) frozen mixed vegetables, thawed |
| 6 ounces boneless, skinless chicken breasts, cut into $\frac{1}{2}$ - inch cubes (about 1 cup) | $\frac{1}{2}$ teaspoon poultry seasoning |
| 2 cans (13 $\frac{3}{4}$ oz. each) chicken broth | $\frac{1}{4}$ teaspoon pepper |
| 1 cup water | 1 cup MINUTE® Original Rice |
| | 1 tablespoon chopped parsley |

- ▶ Heat oil in large saucepan on medium-high heat. Add chicken; cook and stir until browned.
- ▶ Add broth, water, vegetables, poultry seasoning and pepper. Bring to boil. Reduce heat; cover and simmer 5 minutes.
- ▶ Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Makes 6 servings.

Note: Recipe can be doubled.



ORANGE GLAZED CHICKEN





RICE - IPES CLUBSM

Orange Glazed Chicken



- | | |
|---|--------------------------------|
| 1 tablespoon oil | 1 cup chicken broth |
| 4 boneless, skinless chicken breast halves | 1½ tablespoons cornstarch |
| 1 cup fresh or thawed frozen sliced carrots | 1 teaspoon onion powder |
| 1 cup sliced celery | ¼ teaspoon salt |
| 1 cup orange juice | 1½ cups MINUTE® Original Rice |
| | 2 tablespoons orange marmalade |

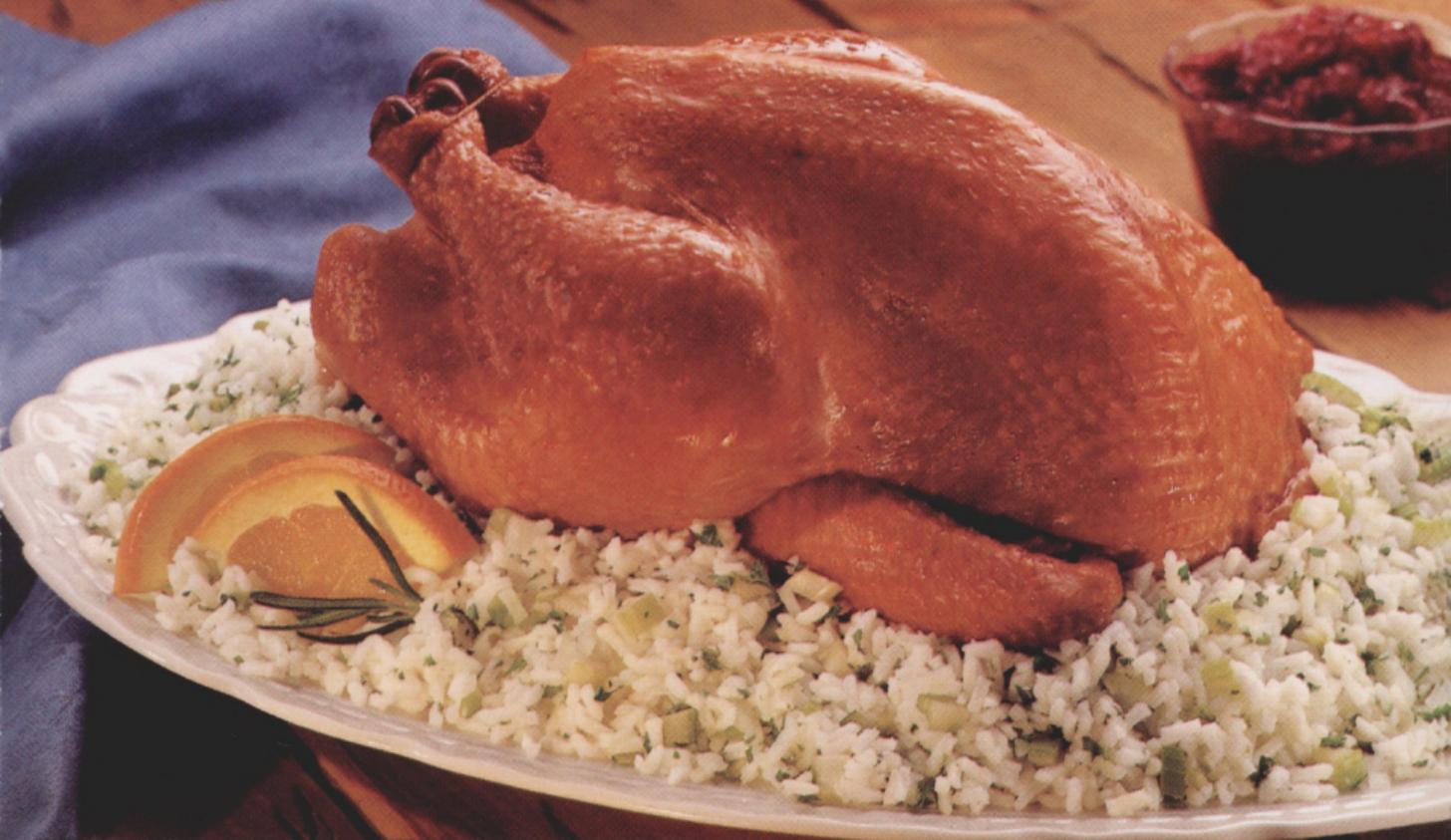
- ▶ Heat oil in large saucepan on medium-high heat. Add chicken; cook on both sides until browned. Move chicken to side of skillet.
- ▶ Add carrots and celery; cook and stir until carrots are tender-crisp.
- ▶ Meanwhile, mix orange juice, broth, cornstarch, onion powder and salt; add to skillet. Bring to boil. Reduce heat to low; cover and simmer about 10 minutes or until chicken is cooked through.
- ▶ Stir in rice. Spoon marmalade over chicken; cover. Remove from heat. Let stand 5 minutes. Fluff with fork.

Makes 4 servings.

Note: Recipe can be doubled.



SAVORY RICE STUFFING





RICE - IPES CLUBSM

Savory Rice Stuffing



3 tablespoons margarine or butter

1 cup chopped celery and celery leaves

1 small onion, chopped

1 1/2 cups water

1 teaspoon salt

1/2 teaspoon poultry seasoning

1/8 teaspoon pepper

1 1/2 cups MINUTE[®] Original Rice

2 tablespoons chopped parsley

- ▶ Melt margarine in medium saucepan on medium-high heat. Add celery and onion; cook and stir until tender but not browned.
- ▶ Add water and seasonings. Bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes.
- ▶ Stir in parsley. Serve as side dish. Or, spoon lightly into chicken or other poultry. Do not pack tightly. Roast at once as directed on poultry wrapper.

Makes 3 cups or enough to stuff 1 roasting chicken (4-pounds).

Note: Recipe can be doubled. Takes longer than 25 minutes when cook time of bird is included.



SWEET AND SOUR PORK





Sweet and Sour Pork

25
MINUTES

1 tablespoon oil

$\frac{3}{4}$ pound trimmed boneless, pork loin, cut into cubes

1 cup green and red pepper strips

$\frac{1}{4}$ cup reduced sodium soy sauce

3 tablespoons brown sugar

3 tablespoons vinegar

1 tablespoon cornstarch

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon ground ginger

1 can (8 ounces) pineapple chunks in juice

$1\frac{1}{2}$ cups MINUTE[®] Original Rice

- ▶ Heat oil in large skillet on medium-high heat. Add pork; stir-fry until well browned. Add peppers; stir-fry 1 to 2 minutes.
- ▶ Mix soy sauce, brown sugar, vinegar, cornstarch, garlic powder, ginger and pineapple chunks in juice; add to skillet. Bring to boil.
- ▶ Meanwhile, prepare rice as directed on package. Serve pork mixture over rice.

Make 4 servings.



SPICY SHRIMP





Spicy Shrimp

30
MINUTES

1 pound shrimp, cleaned
1/4 cup flour
2 tablespoons margarine or butter
1 cup chili sauce
1 tablespoon chopped parsley

2 teaspoons lemon juice
1/2 teaspoon dry mustard
Dash ground red pepper
1 1/2 cups MINUTE[®] Original Rice

- ▶ Coat shrimp lightly with flour. Melt margarine in large skillet on medium heat. Add shrimp; cook and stir 5 minutes or until lightly browned, turning frequently. Mix chili sauce, parsley, lemon juice, mustard and pepper. Pour over shrimp; bring to boil. Reduce heat to low; simmer 5 minutes.
 - ▶ Meanwhile, prepare rice as directed on package. Serve shrimp mixture over rice.
- Makes 4 servings.



APPLESAUCE RICE





Applesauce Rice



1 cup water
1 cup applesauce
1 teaspoon margarine
1/4 teaspoon salt

1/4 teaspoon ground cinnamon
1 1/2 cups MINUTE[®] Original Rice
1 small red apple, chopped

- ▶ Bring water, applesauce, margarine, salt and cinnamon to boil in medium saucepan.
- ▶ Stir in rice; cover. Remove from heat. Let stand 5 minutes.
- ▶ Stir in apple and serve.

Makes 4 servings.

Note: Recipe can be doubled.



RICE PUDDING





RICE - IPES CLUBSM

Rice Pudding

25
MINUTES

4 cups milk
1 egg, well beaten
**1 package (4-serving size) JELL-O®
Vanilla Flavor Pudding and Pie
Filling (not Instant)**

**1 cup MINUTE® Original
Rice**
1/4 cup raisins (optional)
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg

- ▶ Gradually stir milk and egg into pudding mix in large saucepan. Add rice and raisins. Stir over medium heat until mixture just comes to boil. Cool 5 minutes, stirring twice.
- ▶ Pour into dessert dishes or serving bowl. Sprinkle with cinnamon and nutmeg; serve warm. (For chilled pudding, place plastic wrap or wax paper on surface of hot pudding. Refrigerate at least 1 hour. Stir before serving; sprinkle with nutmeg and cinnamon.)

Double Chocolate Rice Pudding Variation:

- ▶ Prepare Vanilla Rice Pudding as directed, substituting Chocolate Flavor Pudding and Pie Filling (not Instant) for Vanilla Flavor, omitting raisins, cinnamon and nutmeg and adding 2 squares BAKER'S® Semi-Sweet Chocolate, chopped, with the rice.

Makes 5 cups or 8 servings.