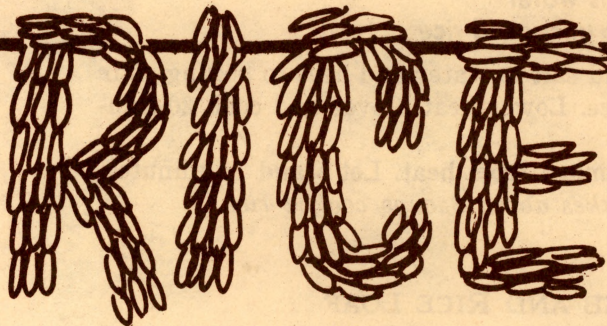


ENRICHED



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DO NOT WASH OR RINSE ENRICHED RICE

FNS-35 (Formerly C&MS-30)

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

COOKED RICE

- ½ teaspoon salt
- 2 cups water
- 1 cup uncooked rice

Add salt to water and heat to boiling. Stir in rice. Lower heat. Cover and cook 20 minutes.

Remove from heat. Let stand 10 minutes.
Makes about 3 cups cooked rice.

LAMB AND RICE LOAF

- ½ small onion
- ½ green pepper
- 1 pound ground lamb
- 1 ½ cups cooked rice
- 1 egg
- 1 ½ teaspoons salt

Finely chop onion and green pepper. Mix all ingredients well. Shape in a loaf in a baking pan.

Bake at 350° F (moderate oven) about 1 hour until browned.

Makes 6 servings.

SPANISH RICE

- ½ cup uncooked rice
- 1 tablespoon fat or oil
- 1 small onion
- ½ green pepper, if you like
- 1 stalk celery, if you like
- 2 ½ cups cooked or canned tomatoes
- 2 ½ cups cut-up, canned chopped meat or canned luncheon meat

Cook rice in fat or oil until lightly browned. Chop onion, green pepper, and celery (if used). Add to rice.

Stir in tomatoes. Heat to boiling. Lower heat. Cover and cook about 25 minutes until rice is tender.

Add meat to rice and heat until meat is hot.

Makes 6 servings, 1 cup each.

- Fluid milk made from nonfat dry milk may be used in these recipes.

RICE WITH CHEESE AND TOMATOES

- 1 medium-size onion
- 3 stalks celery
- ½ green pepper
- 3 tablespoons fat or oil
- 2 cups cooked or canned tomatoes
- 3 cups cooked rice
- 2 cups finely cut-up cheese

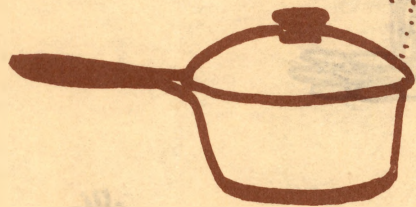
Chop onion, celery, and green pepper. Cook in fat or oil until tender.

Add tomatoes, rice, and cheese.

Cover and cook slowly until cheese melts and mixture is hot.

Makes 6 servings, about ¾ cup each.





Main Dishes

RICE WITH CHICKEN AND CHEESE

- 1 medium-size onion
- 1 tablespoon fat or oil
- 3 cups water or chicken broth
- 1 cup uncooked rice
- 1 ½ cups cut-up, cooked chicken
- 1 cup cut-up cheese
- Salt and pepper, as you like

Chop onion and cook in fat or oil until tender and lightly browned.

Add water or chicken broth. Heat to boiling and add rice. Lower heat. Cover and cook about 25 minutes until rice is tender.

Add chicken and cheese. Cook over low heat until cheese melts.

Add salt and pepper.

Makes 6 servings, about 2/3 cup each.

BEEF-TOMATO-RICE STEW

- 2 large onions
- 2 tablespoons fat or oil
- ½ pound ground beef
- 4 cups cooked or canned tomatoes
- ½ cup uncooked rice
- 1 cup water
- Salt and pepper, as you like

Chop onions.

Put onions, fat or oil, and ground beef in pan. Cook until meat is browned and onions are tender.

Add rest of ingredients. Cover and cook slowly about 25 minutes until rice is tender.

Makes 6 servings, 1 cup each.

FRIED RICE AND MEAT

- ½ small onion
- 2 tablespoons fat or oil
- 1 cup finely cut-up, canned chopped meat, canned luncheon meat, or cooked ham, pork, or chicken
- 4 cups cooked rice, cooled
- 2 tablespoons soy sauce
- 1 egg

Chop onion.

Heat fat or oil in large fry pan. Add onion and meat. Cook and stir over medium heat until onion is tender.

Add rice and soy sauce. Lower heat and cook 10 minutes.

Beat egg well and stir into rice mixture. Cook and stir 5 minutes.

Makes 6 servings, about 3/4 cup each.



RICE DINNER SPECIAL

- 2 tablespoons fat or oil
- ½ cup flour
- 2 cups fluid milk
- 2 cups cooked or canned green beans, drained
- 2 cups cut-up cheese
- 2 ½ cups cut-up, canned chopped meat or canned luncheon meat
- Hot cooked rice

Heat fat or oil in pan; stir in flour. Add milk slowly, stirring until smooth. Cook and stir over medium heat until mixture comes to boiling.

Lower heat. Cook and stir 1 minute longer.

Add green beans, cheese, and meat. Cook over low heat about 10 minutes until cheese melts, stirring to prevent sticking.

Serve over hot cooked rice.

Makes 6 servings, 3/4 cup each of meat mixture.

RICE

RICE SALAD

- 2 medium-size carrots
- 4 stalks celery
- 1 ½ cups cooked rice, cooled
- 1 cup drained, crushed pineapple
- ¼ cup sugar
- 2 tablespoons lemon juice

Cut up carrots and celery.
Mix all ingredients well. Cover and chill before serving.

Makes 6 servings, ¾ cup each.



RAISIN-RICE PUDDING

- 2 cups water
- ½ cup uncooked rice
- ½ teaspoon salt
- ½ cup raisins
- 1 tablespoon fat (margarine or butter)
- 1 cup nonfat dry milk (not instant) or 2 cups instant nonfat dry milk
- ½ cup sugar
- 1 cup warm water
- 1 teaspoon vanilla

Heat 2 cups water to boiling. Stir in rice, salt, raisins, and fat. Lower heat, cover, and cook 30 minutes. Remove from heat.

Mix *dry* milk and sugar. Mix in 1 cup warm water until smooth.

Add milk mixture and vanilla to rice.

Stir over low heat until hot. Cool to thicken.

Makes 6 servings, ½ cup each.

ORANGE-RAISIN RICE

- ½ cup honey or corn syrup
- 4 cups cooked rice
- 1 cup raisins
- 1 tablespoon fat (margarine or butter)
- ½ cup orange juice
- ½ cup chopped nuts or peanuts, if you like

Heat honey or corn syrup in heavy pan until warm. Add rice, raisins and fat.

Cook over medium heat 5 minutes. Stir in orange juice.

Serve warm or cold. Sprinkle with chopped nuts (if used).

Makes 6 servings, ⅔ cup each.

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