



# Knowing Beans About Rice!



For a fast and easy Red Beans & Rice dinner, prepare Mahatma® Red Beans & Rice Mix according to package directions. Fold in 1 item from each of the 3 groups below. Heat. Serve.

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## Meats & Poultry

- 2 cups chopped, cooked turkey or chicken
- 2 cups thinly sliced cooked steak
- 1 cup chopped, cooked pork or ham
- 2 cups cooked sliced sausage

## Vegetables

- 1 cup broccoli florets, cooked
- 1 cup whole kernel corn
- 1 cup chopped bell peppers
- 1 cup chopped celery
- 1 cup chopped tomatoes
- 1/2 cup chunky salsa

## Extras

- chopped cilantro
- chopped parsley
- chopped green onions
- lime juice
- lemon zest
- sour cream
- shredded cheese

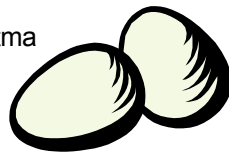
## Quick Fixin' Ideas Quick Fixin' Ideas Quick Fixin' Ideas Quick Fixin' Ideas

Dip Once, Dip Twice with Mahatma Red Beans & Rice ... combine hot cooked Mahatma Red Beans & Rice with 1/2 cup picante sauce and 2 cups shredded Mexican cheese blend – excellent with crisp tortillas.

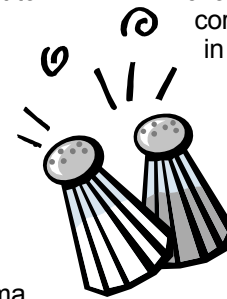
High Protein Gets Higher! ... instead of adding bread crumbs or cracker crumbs to your favorite meat loaf recipe try substituting a cup of cooked Mahatma Red Beans & Rice. Accent your meatloaf with additional Cajun spices — a wonderful twist to a family favorite.

Red Beans & Rice Stew ... prepare Mahatma Red Beans & Rice according to package directions. Fold in stewed tomatoes, cooked chili meat and a small can of V-8 juice. Serve piping hot with shredded cheese and chopped onions. Serve with hot corn bread – a meal in 20 minutes.

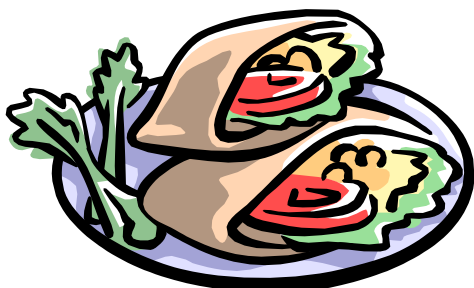
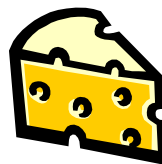
Eggstra Special ... prepare Mahatma Red Beans & Rice according to package directions. Divide equally into 4 serving bowls. Top with a sunny-side up egg and sprinkle with chopped green onions. Crisp buttered toast is a delightful accompaniment!



Empanada – “Rice and Beans Bundles” ... Use cooked Mahatma Red Beans & Rice as the filling for empanadas. Using phyllo pastry found in the freezer section, fill with red beans and rice; top with shredded cheese, crimp edges and bake. Serve with Nacho cheese sauce.



Wrap it Up! ... spread cooked Mahatma Red Beans & Rice onto a burrito size flour tortilla. Add shredded cheese, chopped tomatoes and shredded lettuce. Cooked diced beef or chicken may be added. Wrap it Up and enjoy!



Macho Nachos ... evenly distribute nacho chips on a large platter. Pour prepared Mahatma Red Beans & Rice on chips. Top with grated cheese, shredded lettuce, chopped tomato, jalapeno slices and sour cream.

Comfort Foods: Stuffed Bell Peppers and Cabbage Rolls ... Mahatma Red Beans & Rice combined with ground beef and enhanced with your favorite spices make a wonderful filling for these family favorites!