

Cut the Sugar, Keep the Taste with Mahatma® Brown Rice!



Traditional Louisiana Recipes



CRAWFISH JAMBALAYA

- 1 cup Mahatma® Brown Rice
- 1/2 stick margarine
- 1/4 cup olive oil
- 2 teaspoons minced garlic
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1 small red bell pepper, chopped
- 1 bunch green onions, chopped
- 2 tablespoons chopped parsley
- 1/2 cup chicken broth
- 1 pound cooked and peeled crawfish salt and cayenne pepper to taste

Prepare rice according to package directions.

While rice is cooking, melt margarine with olive oil in a large skillet. Sauté garlic, onions, celery, bell pepper, green onions, and parsley. Add broth and crawfish. Heat through. Fold in cooked rice. Add salt and pepper. Serves 6

Mahatma Brown Rice
is an absolute “must”
on the most popular
low-sugar diets!



**Mahatma Brown –
America’s Favorite
Brown Rice!**

RICE PIE

- 1 cup Mahatma® Brown Rice
- 3 tablespoons olive oil, divided
- 1/2 cup grated Parmesan cheese
- 4 eggs, well beaten
- 1 cup ricotta cheese
- 1/2 cup chopped onions
- 1/4 cup each, chopped red bell pepper and green bell pepper
- 1/2 teaspoon minced garlic
- 1 pound lean ground beef
- 1 can (6 ounces) no-sugar-added tomato paste

Preheat oven to 375°.

Prepare rice according to package directions.

To cooked rice, stir in 1-1/2 tablespoons olive oil, Parmesan cheese and eggs. Divide mixture and pour into two nine-inch well greased pie pans. (This will form the rice crust). Bake crusts for 15 minutes.

Remove from oven and spread crusts with ricotta cheese.

Place remaining olive oil in a large skillet. Sauté onions, bell pepper, and garlic; add ground beef and brown. Drain off any excess fat. Stir in tomato paste and heat through. Divide filling and pour into crusts. Sprinkle with additional Parmesan cheese. Bake for 30 minutes. Serves 8

CHICKEN CACCIATORE

- 1 cup Mahatma® Brown Rice
- 1 whole chicken, cut into pieces salt and pepper to taste
- 1/4 cup olive oil
- 2 medium onions, chopped
- 1 teaspoon minced garlic
- 1 bunch green onions, chopped
- 1/4 cup white wine or chicken broth
- 1 jar (16 ounces) no-sugar-added spaghetti sauce
- 2 bay leaves

Prepare rice according to package directions.

Rinse chicken and season with salt and pepper. In a heavy skillet, brown chicken in olive oil. Remove chicken from skillet and sauté onions and garlic until tender. Place chicken in skillet and add spaghetti sauce. Simmer for 30 minutes. Add green onions, wine or chicken broth, and bay leaves. Cover and cook 20 minutes. Remove bay leaves.

Serve over cooked brown rice. Serves 6



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