

HOT & HEARTY Soups & Stews



Great Recipes from America's Favorite Rice Brands

CHILI Soup

- 1 cup **Carolina**[®] or **Mahatma**[®] white rice
- 1 pound ground turkey
- 1 large onion, chopped
- 3 cups beef broth
- 1/2 cup Picante sauce
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 2 cans (16 ounce each) kidney beans, drained and rinsed
- 1 can (7 ounce) whole kernel corn, drained
- 1/2 cup reduced-fat shredded cheddar cheese

Prepare rice according to package directions.

Crumble ground turkey in large saucepan. Add onion, stirring occasionally, until meat loses its pink color. Add next 6 ingredients. Simmer for 15 minutes. Add beans, corn and cooked rice. Serve in bowls and top with grated cheese. *Serves 6*

CHICKEN Enchilada Stew

- 1 teaspoon olive oil
- 1 cup **Carolina**[®] or **Mahatma**[®] white rice
- 2 cups chicken broth
- 1 can (10 ounce) enchilada sauce with green chilies
- 1 can (10 ounce) enchilada sauce
- 1 teaspoon ground cumin
- 1 can (10 ounce) chunk white chicken
- 1 cup Half and Half[®]
- 1 can (19 ounce) cannellini beans
- 1 jar (8 ounce) Cheese Whiz[®]
- 1 medium tomato, chopped

In a medium saucepan, heat olive oil. Add rice and sauté for 3 minutes. Add broth, enchilada sauces, cumin and chicken. Bring to a boil. Reduce heat to simmer; simmer for 18 minutes.

Fold in remaining ingredients and continue to simmer until heated through. *Serves 6*

MUSHROOM & Rice Soup

- 1 cup **Carolina**[®] or **Mahatma**[®] white rice
- 2 cups fresh, sliced mushrooms
- 1 cup chopped onions
- 2 tablespoons olive oil
- 5 cups chicken broth
- 1 teaspoon black pepper
- 1 teaspoon thyme
- 1 tablespoon dry sherry

Prepare rice according to package directions.

Heat oil in large saucepan or Dutch oven over medium heat. Add mushrooms and onions, cook and stir until tender. Add broth, pepper and thyme. Reduce heat to low; simmer until thoroughly heated, 5 to 7 minutes. Stir in rice and sherry; heat through, stirring occasionally. Garnish if desired.

Serves 4



ITALIAN Sausage Stew

- 2 cups **Carolina**[®] or **Mahatma**[®] white rice
- 1-1/2 pounds ground turkey, cooked and drained
- 2 teaspoons garlic
- 1 large onion, chopped
- 1 can (14.5 ounce) Italian-style stewed tomatoes
- 3 cans (14 ounce each) low sodium beef broth
- 1/2 teaspoon crushed basil
- 1 can (10 ounce) Rotel[®] tomatoes
- 3 tablespoons parsley
- 1 medium green pepper, chopped
- 2 medium zucchini, sliced
- grated Parmesan cheese

Prepare rice according to package directions.

In a large stock pot, combine all ingredients except cheese. Simmer 20 minutes. Serve over hot, cooked rice. Sprinkle with cheese. *Serves 8*



PUMPKIN Rice Soup

- 2 cups **Carolina**[®] or **Mahatma**[®] white rice
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 4 cups chicken broth
- 1 can (16 ounce) pumpkin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon ground nutmeg
- cilantro sprigs

SPICY Peanut Soup

- 1 cup **Carolina**[®] or **Mahatma**[®] white rice
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium-size sweet potato, diced
- 2 cloves garlic, minced
- 8 cups chicken broth
- 1 teaspoon dried, crushed thyme
- 1/2 teaspoon ground cumin
- 1-1/2 cups thick and chunky salsa
- 3 cans (16 ounce each) garbanzo beans, drained and rinsed
- 1 cup diced, unpeeled zucchini
- 2/3 cup creamy peanut butter

Prepare rice according to package directions. Set aside.

In a large saucepan, heat vegetable oil and sauté onion until tender (about 5 minutes). Add chicken broth, thyme, cumin and rice. Bring to a boil and reduce heat to simmer. Simmer for 20 minutes. Add salsa, beans and zucchini; cook 10 minutes; add peanut butter and stir until completely combined. Remove from heat. *Serves 8*



CHICKEN & Shrimp Etouffée

- 1 cup **Carolina**[®] or **Mahatma**[®] white rice
- 1 pound chicken tenders
- 2 tablespoons oil
- 1 onion, chopped
- 2 tablespoons garlic, minced (to taste)
- 2 cans (8 ounce each) tomato sauce
- 1 teaspoon hot sauce
- 1 teaspoon fresh, chopped basil
- salt and pepper to taste
- 1/2 cup all-purpose flour
- 1/2 cup vegetable oil
- 1 pound peeled shrimp
- 1/2 cup white wine, optional

Prepare rice according to package directions and set aside.

In a large skillet, brown chicken in oil and remove. Sauté onion and garlic. Add tomato sauce, hot sauce, basil, salt and pepper. Set aside.

To make roux:

Stir together flour and oil in a small saucepan over low heat; cook until color is caramel, stirring constantly.

Add 2 tablespoons of roux and about 2 cups water (2 tablespoons of jarred roux may be substituted).

Return chicken to skillet and cook for 20 minutes. Add shrimp and cook for 7 minutes. Serve over hot rice. *Serves 4*

Prepare rice according to package directions. Set aside.

Cook onion and garlic in oil in large saucepan over medium heat until onion is tender. Stir in broth, pumpkin, coriander, pepper flakes and nutmeg. Bring to a gentle boil. Reduce heat; simmer uncovered 5 to 10 minutes. Top each serving with 1/2 cup cooked rice. Garnish with cilantro sprigs. *Serves 6*

Compliments of **Carolina**[®], and **Mahatma**[®] rice.

For additional recipes and information, call 800-226-9522

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