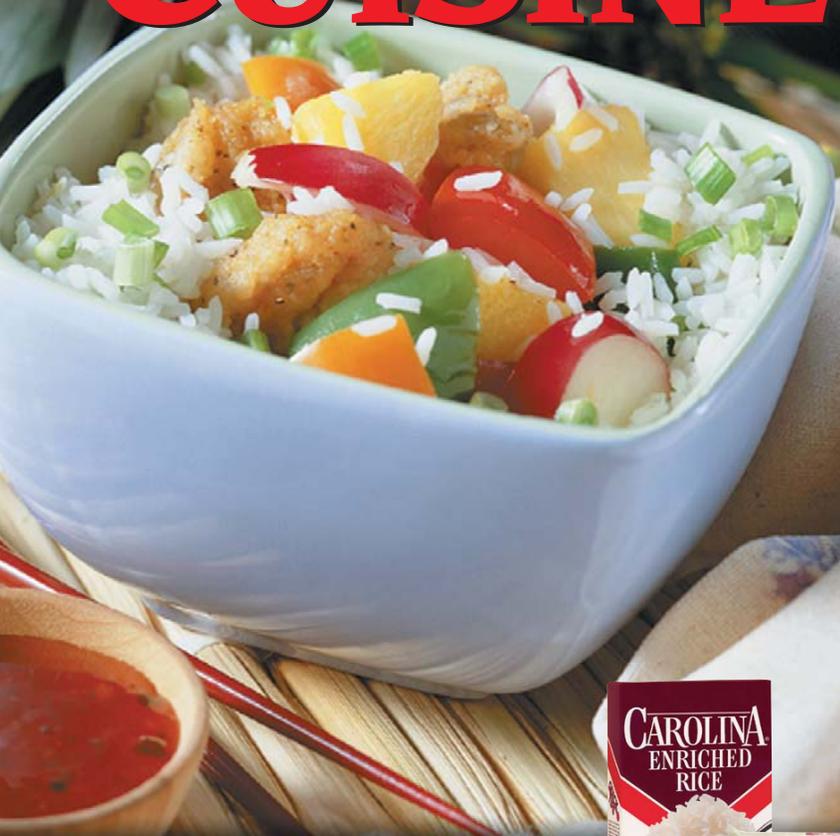


MAHATMA® and CAROLINA® RICE

**PRESENT
RICE
BOWL
CUISINE!**



**URNS YOUR SOUP BOWL
INTO A SUPPER RICE BOWL**



Hot Buttery Rice with Blue Cheese Artichoke Sauce

- 1 cup **MAHATMA®** or **CAROLINA®** RICE
- 1 tablespoon olive oil
- 1 cup sliced mushrooms
- 1/2 cup chopped onions
- 1 can (14 ounce) quartered artichokes, drained
- 1 container (10 ounce) refrigerated light alfredo sauce
- 1 package (12 ounce) prepared and cooked shrimp
- 1 cup frozen green peas, thawed
- 3 tablespoons crumbled blue cheese
- fresh ground pepper



Prepare rice according to package directions. While rice is cooking, heat olive oil in a large non-skillet: add mushrooms and onions and sauté until tender. Add artichokes, alfredo sauce, shrimp, peas, and blue cheese and continue to simmer for 10 minutes. Divide rice equally into four rice bowls. Spoon shrimp/ artichoke mixture over rice. Sprinkle with fresh ground pepper. Serves 4.

Curried Coconut Chicken & Rice

- 1 cup **MAHATMA®** or **CAROLINA®** RICE
- 2 teaspoons vegetable oil, divided
- 1 cup chopped onions
- 2 cups fresh basil leaves
- 1 clove garlic, crushed
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1/2 pound skinless, boneless chicken breasts, cut into 1 inch pieces
- 3/4 cup coconut milk



Prepare rice according to package directions. Divide equally into 4 serving bowls.

Heat 1 teaspoon oil in a large non-stick skillet over medium high heat until hot. Add onion and sauté 3 minutes. Add basil, stir-fry 2 minutes. Remove from pan and keep warm.

Heat remaining 1 teaspoon oil in skillet over medium high heat. Add garlic and stir-fry 30 seconds. Add curry powder, salt and red pepper; stir-fry 10 seconds. Add chicken and stir-fry 3 minutes. Stir in coconut milk; reduce heat to medium. Cook 2 minutes or until chicken is done. Stir in basil mixture and toss well.

Divide into 4 equal portions and serve over rice. Serves 4



**Hearty Cajun Soup
Over Rice**

- 1 cup **MAHATMA®** or **CAROLINA®** RICE
- 1 package (16 ounce) frozen gumbo mixture
- 1 pound boneless, skinless chicken breasts, cut in 1 inch pieces
- 4 ounces garlic smoked sausage, sliced
- 1 can (14-1/2 ounce) chicken broth
- 2 teaspoons cajun seasoning
- chopped green onions
- hot sauce

Prepare rice according to package directions. Divide equally into 4 serving bowls.

Place remaining ingredients in a large stockpot. Bring to a gentle boil; cover, reduce heat to simmer and simmer 20 minutes.

Divide into 4 equal portions and spoon soup mixture over rice. Top with green onions and hot sauce, if desired. Serves 4

RICE BOWL CUISINE

from Mahatma® and Carolina® Rice

What is a **Rice Bowl**? A **Rice Bowl** is a little protein (meat, fish, or poultry) and a variety of vegetables simmered in a savory sauce, served on top of a warm bowl of rice. A **Rice Bowl** is a harmonious blend of tastes, colors and textures. The result is a meal that is quick, satisfying, nutritious, convenient, and easy to make. **Mahatma® and Carolina® Rice** are the foundations for the **Rice Bowl**.



INTERESTING FACTS AND TRIVIA ABOUT RICE BOWLS

- Thai etiquette requires that each guest transfer only a spoonful of a particular dish onto his plate at one time. This spoonful is then eaten accompanied by rice before taking a spoonful from another dish. Never ladle a spoonful of each dish onto your plate before you commence eating.
- When you are a dinner guest, it is considered bad manners if you do not eat every grain of rice in your bowl.
- In a true Chinese setting, you may find that the host is using chopsticks to put food in your **rice bowl**. This is a true sign of politeness.
- According to Japanese etiquette, **rice bowls** are placed on the left-hand side of the table.

Cheesy Taco Rice

- 1 cup MAHATMA® or CAROLINA® RICE
- 1 jar (6.0 ounce) cheese and salsa
- 1 pound lean ground beef
- 1/2 cup water
- 1 package (1.5 ounce) taco seasoning
- 1 teaspoon garlic powder
- 1 cup chopped tomatoes
- 1/2 cup sliced jalapeños
- 1/2 cup shredded American cheese

Prepare rice according to package directions. Fold in cheese and salsa. Divide equally into 4 serving bowls.

In a large skillet, brown ground beef. Add water, taco seasoning and garlic powder. Simmer 15 minutes.

Divide into 4 equal portions and serve over rice. Top each bowl with tomatoes, jalapeños and cheese. Serves 4

Sweet & Sour Chicken and Rice

- 1 cup MAHATMA® or CAROLINA® RICE
- 2 tablespoons oil
- 1 red bell pepper, cut in strips
- 1 green bell pepper, cut in strips
- 1 can (5-1/2 ounce) pineapple chunks, drained or 1 cup fresh pineapple chunks
- 1-1/2 pounds breaded and cooked chicken tenders (may be found in the deli section of your grocer)
- 1 jar (11-1/2 ounce) sweet and sour sauce
- chopped green onions



Prepare rice according to package directions. Divide equally into 4 serving bowls.

In a large skillet, heat oil over medium high heat. Add peppers and cook until tender crisp. Fold in pineapple and chicken and heat through. Add sauce and simmer for 10 minutes. (If sauce seems thick, dilute with 1/4 to 1/2 cup chicken broth.)

Divide into 4 equal portions and serve over rice. Top with green onions, if desired. Serves 4

Jazzy Jambalaya

- 1 cup MAHATMA® or CAROLINA® RICE
- 1 tablespoon olive oil
- 1 pound sliced link sausage
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onions
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 can (14.5 ounce) Cajun-style stewed tomatoes
- sliced green onions

Prepare rice according to package directions. Divide equally into 4 serving bowls.

In a large skillet, heat oil over medium high heat. Brown sliced sausage. Add next 5 ingredients and cook until vegetables are tender. Add tomatoes and simmer 10 minutes.

Divide into 4 equal portions and serve over rice. Top with sliced green onions. Serves 4

Santa Fe Black Beans and Rice

- 1 cup MAHATMA® or CAROLINA® RICE
- 1 tablespoon oil
- 1 pound lean ground beef
- 1/2 cup chopped onions
- 1/2 cup chopped green bell peppers
- 1 bay leaf
- 1 can (14.5 ounce) Mexican-style stewed tomatoes
- 1 can (15 ounce) seasoned black beans, rinsed and drained
- 1-1/2 teaspoons cumin
- 1 teaspoon garlic salt
- 1 cup shredded Jalapeño Monterey Jack cheese

Prepare rice according to package directions. Divide equally into 4 serving bowls.

In a large skillet, heat oil and brown ground beef until no longer pink. Add onions, peppers and bay leaf; continue cooking until vegetables are tender. Add tomatoes, black beans and seasonings. Simmer for 15 minutes.

Divide into 4 equal portions and serve over rice. Top each bowl with shredded cheese. Serves 4



Wrap in a heated tortilla for an easy "take to work" lunch



Compliments of Riviana Kitchens
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