

Can-Do RICE

Black Bean and Rice Enchiladas

Servings: 6

Ingredients

- Six 6-inch whole-wheat tortillas
- One 14.5-ounce can black beans, drained and rinsed
- 2 cups cooked rice, brown or white
- 1 cup shredded cheddar cheese, divided
- One 15-ounce can diced tomatoes with chiles
- One 2.25-ounce can sliced olives, drained (optional)
- One 16-ounce can enchilada sauce, divided

Directions

1. Wash hands and surfaces.
2. Arrange tortillas in 2 stacks and place in a cold oven. Heat the oven to 400 F. Remove the tortillas after 10 minutes and cover with a warm, damp towel.
3. In a medium bowl, use a fork to mash the black beans. Add the rice, $\frac{1}{3}$ cup cheese, tomatoes and olives (if desired).
4. Coat the bottom of a 9-by-13-inch baking dish with a thin layer of enchilada sauce. Save about half the sauce to use as a topping.
5. Spoon about $\frac{1}{3}$ cup rice mixture over the center of a tortilla; roll it up. Set in the baking dish, seam-side down. Fill the remaining tortillas and place them in the baking dish, squeezing them into place.
6. Pour the remaining enchilada sauce over the rolled tortillas and sprinkle remaining cheese over the top.
7. Bake uncovered for 30–35 minutes until hot and bubbly. Let stand a few minutes before serving.
8. Refrigerate leftovers immediately.



Chicken Fried Rice

Servings: 4

Ingredients

- 1 tablespoon vegetable oil, divided
- 2 eggs, beaten
- 3½ cups rice, cooked
- One 10-ounce can chunk chicken, drained
- One 8.5-ounce can peas and carrots, drained
- Soy sauce or hot sauce to taste (optional)

Directions

1. Wash hands and surfaces.
2. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
3. Remove cooked eggs and set aside.
4. Add the rest of oil (2 teaspoons) to pan. Stir-fry rice, breaking up lumps by pressing rice against pan for a couple of minutes.
5. Add chicken and vegetables. Stir-fry until heated.
6. Add reserved eggs and sauce to taste. Serve hot.
7. Cover and refrigerate leftovers immediately.



Substitute fresh or frozen chicken for canned chicken by using these preparation instructions:

- Wash hands before and after handling poultry.
- Completely thaw poultry before cooking so that it cooks more evenly. Defrost in the refrigerator, in cold water or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165 F. Use a food thermometer. You can't tell it is cooked by looking!
- Never place cooked food on a plate that previously held raw poultry or meat.
- Rinsing poultry under water is not a safety step. Cooking to an internal temperature of 165 F is what makes it safe to eat.
- Let the chicken cool, and shred before adding to recipes.

Brunch Bars

Servings: 12

Ingredients

- $\frac{3}{4}$ cup firmly packed brown sugar
- $\frac{1}{4}$ cup butter, softened
- $\frac{1}{2}$ cup peanut butter
- 1 large egg
- 1 tablespoon vanilla
- 1 cup whole-wheat flour
- $1\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- 2 cups rice, cooked
- 2 cups mixed nuts and dried fruit
- Nonstick cooking spray

Directions

1. Preheat oven to 375 F.
2. Wash hands and surfaces.
3. In a large bowl, beat sugar, butter, peanut butter, egg and vanilla.
4. Stir in flour, baking powder, salt and cinnamon.
5. Fold in rice, mixed nuts and dried fruit.
6. Spray a 9-by-13-inch baking dish with nonstick spray and spread mixture evenly into dish.
7. Bake 25-30 minutes until golden brown. Cool, cut and serve. Refrigerate leftovers.



Additional cooking tip

Try adding chocolate chips for a yummy treat!



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Vegetable Soup

Servings: 4

Ingredients

- 4 cups broth (or prepared bouillon)
- 1 cup rice, uncooked
- 1 cup canned mixed vegetables, drained
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper
- ⅛ teaspoon salt
- ½ tablespoon dried parsley

Directions

1. Wash hands and surfaces.
2. In a saucepan over medium-high, place broth and uncooked rice. Cover pan.
3. Bring the broth and rice to a boil, then reduce the heat to low.
4. Stir and simmer for 15 minutes.
5. Add remaining ingredients.
6. Simmer for 10-15 minutes, until vegetables are heated through.
7. Refrigerate leftovers immediately.

