



AROUND THE WORLD WITH SOY-RICE MEAL PACKS

There is a whole world of options when it comes to jazzing up your soy-rice meal packs (such as Kids Against Hunger® or Nutri-Plenty®). Go on a flavor adventure with these tasty recipes inspired by different parts of the globe!



Basic Preparation: Bring 6-8 cups of water to a boil. Remove vitamin seasoning pack from meal pouch and set aside. Add soy/rice mixture to the water, turn heat down to low, and cook for 20-30 minutes, stirring occasionally. Add contents of vitamin seasoning packet just before serving. Use the prepared soy-rice meal in the recipes included below.

Mexican Rice Skillet

Ingredients

- 1 tablespoon oil (vegetable, canola, or olive)
- 1 sweet potato, grated
- 1 cup corn (canned, fresh, or frozen)
- 1 (12.5 oz) can cooked chicken, drained
- ¾ cup salsa (any kind)
- 1 can no salt added black beans, rinsed/drained
- 3 cups prepared soy-rice meal
- ½ teaspoon cumin (optional)
- 1 teaspoon chili powder
- 1 teaspoon minced garlic or 1/8 teaspoon garlic powder



Directions

1. Heat oil in a large skillet or pot over medium heat. Add sweet potato and corn and cook until vegetables are tender.
2. Add chicken, salsa, black beans, soy-rice meal, and spices to skillet/pot. Cook for 5-10 minutes or until heated through.
3. Optional toppings: sour cream or plain Greek yogurt, fresh cilantro, shredded cheese.

Chinese Fried Rice

Ingredients

- 3 tablespoons oil (vegetable, canola, or olive)
- 2 cups fresh or frozen vegetables (any kind)
- 1 cup edamame (or 1 cup of chopped, cooked meat)
- 1 teaspoon minced garlic or 1/8 teaspoon garlic powder
- 2 eggs
- 1 ½ tablespoons lite soy sauce
- 3 cups prepared soy-rice meal (leftover works well)
- ¼ teaspoon black pepper
- ¼ teaspoon ground ginger (optional)



Directions

1. Heat oil in a large skillet or pot over medium heat. Add vegetables, edamame (or meat), and garlic. Cook until vegetables are tender.
2. Lightly beat eggs with 1 tablespoon of soy sauce. Push vegetables to one side of the skillet and scramble/cook eggs on the other side.
3. Add soy-rice meal, pepper, ginger, and remaining ½ tablespoon of soy sauce and stir until evenly mixed. Cook for 5-10 minutes or until rice is heated through.



Creamy German Rice Casserole



Ingredients

- 2 tablespoons oil (vegetable, canola, or olive)
- 1 cup chopped onion
- 1 cup chopped celery
- 1 package (16 oz) frozen chopped broccoli
- 2 cans (10.5 oz each) reduced sodium cream of mushroom soup
- 1 ½ cups shredded cheddar cheese
- 3 cups prepared soy-rice meal
- ½ teaspoon ground black pepper

Directions

1. Preheat oven to 350°F. Grease a 9x13 inch baking dish, set aside.
2. Heat oil in a large pot or skillet over medium heat. Add onion and celery and cook until soft. Stir in broccoli and cook until tender.
3. Reduce heat to low. In the same pot or skillet, stir in soup, cheese, soy-rice meal, and pepper. Cook until cheese is melted and sauce is smooth, stirring frequently to prevent cheese from burning.
4. Spoon mixture into the prepared baking dish. Bake for 25-30 minutes, or until casserole is heated through and edges are bubbling.



New Orleans Jambalaya



Ingredients

- 1 tablespoon oil (vegetable, canola, or olive)
- 1 pound boneless, skinless chicken breasts, cubed
- 1 pound smoked sausage, cut into 1-inch pieces
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 cup chopped celery
- 2 teaspoons minced garlic or ¼ teaspoon garlic powder
- 2 cans (15 oz each) no salt added diced tomatoes, undrained
- 2 cups prepared soy-rice meal
- ½ -1 tablespoon hot sauce (add more or less to taste)

Directions

1. Heat oil in a large skillet or pot over medium heat. Add chicken and sausage and cook until browned on all sides.
2. Add onion, green pepper, celery, and garlic to skillet/pot and cook until vegetables are tender (about 5-7 minutes).
3. Stir in tomatoes, soy-rice meal, and hot sauce. Cook for 5-10 minutes or until mixture is heated through, stirring occasionally.

Experiment with your own favorite mix of ingredients and spices!

Try adding:

- Fresh, frozen, or canned vegetables
- Beans, meat, shrimp, fish, or soy
- Cheese, such as shredded, cubed, Parmesan, feta, or goat cheese
- Fresh or dried herbs
- BBQ sauce, salsa, or hot sauce

