

# Jambalaya with MMM Rice/Soy

## Ingredients:

- 1 large onion chopped
- 1 medium green bell pepper, chopped (1 cup)
- 2 medium celery stalks, chopped (1 cup)
- 3 garlic cloves, chopped
- 2 cans (15 oz) diced tomatoes, undrained
- 2 cups fully cooked turkey smoked sausage, chopped – optional
- 1 tablespoon parsley flakes
- ½ teaspoon dried thyme leaves
- 1/4 teaspoon red pepper sauce – or favorite hot sauce...to taste.
- ½ package of Rice/Soy prepared as directed.

## Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

Calories: 83.5

Total Fat: 1.8 g

Cholesterol: 11.0 mg

Sodium: 425.8 mg

Total Carbs: 13.0 g

Dietary Fiber: 2.5 g

Protein: 4.8 g

## Directions:

In a Crock Pot, mix all ingredients except prepared Rice/Soy. Cover and cook on low setting for 7 to 8 hours or on high for 3 to 4 hours. For Crock Pot, during the last 10-15 minutes, add pre-cooked Rice/Soy mix, cover and cook on high setting; to ensure Jambalaya is moist add hot water as needed.

For stove top, all ingredients can be put into a large sauce pot and cooked (simmering) on stovetop for 1-2 hours. Add pre-cooked Rice/Soy during last 10-15 minutes on medium setting before serving. Ensure Jambalaya stays moist by adding hot water as needed throughout cooking process.

Makes 6 1-cup servings.

*Recipe is adapted from Betty Crocker's Big Book of Slow Cooker Casseroles & More*

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# Ham and MMM Rice/Soy Soup

## Ingredients:

2 cups cooked ham, diced  
1 cup julienne cut carrots  
1 medium onion, chopped  
2 cups of low sodium chicken broth  
1 can reduced sodium cream of celery soup or cream of mushroom or cream of chicken  
3 cups of water  
½ a package of KAH Rice/Soy (prepared as directed before adding to soup) 1 cup of half and half or milk  
¼ cup fresh parsley, chopped

## Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

Calories: 223.7

Total Fat: 10.8 g

Cholesterol: 45.1 mg

Sodium: 1,174.0 mg

Total Carbs: 19.3 g

Dietary Fiber: 1.2 g

Protein: 11.8 g

## Directions:

Mix all ingredients into a crock pot except for the MMM Rice/Soy, half and half and the parsley. Cover and cook on low for 7 to 8 hours. Add cooked Rice/Soy, half and half and parsley, cover, and cook on high for 10 to 15 more minutes. Recipes makes 6 – 1 cup servings.

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# Stuffed Peppers with MMM Rice/Soy

## Ingredients:

- 4-6 large bell peppers – any color
- 2 tablespoons of oil (olive, canola or corn)
- ½ cup chopped onion
- 1 garlic clove, chopped
- 1 can (15 oz) tomato sauce
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper or paprika
- ½ package of Rice/Soy prepared as directed
- ½ - 1 cup chicken broth – to use before stuff peppers.
- \*½ lb ground beef can be added when cooking onions for extra protein, nutrients and flavor. If adding beef, use an additional can (15 oz) of tomato sauce.

\*Ground beef and extra tomato sauce is included in this nutritional analysis

## Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

Calories: 276.0

Total Fat: 15.1 g

Cholesterol: 29.2 mg

Sodium: 1,184.5 mg

Total Carbs: 30.0 g

Dietary Fiber: 4.6 g

Protein: 12.2 g

## Directions:

Wash bell peppers and dry. Slice off a thin slice of the stem end of each pepper to remove the top. In a skillet, add oil and onions and cook until onions are translucent. Add garlic and cook for 1 minute. Stir in tomato sauce, cumin, cinnamon and cayenne pepper. Stir in Rice/soy and add chicken broth to keep the mixture moist.

Divide mixture evenly among the bell peppers. If cooking in a Crock Pot, add ½ cup water to the pot and then place the green peppers upright into the cooker. Cover and cook on low for 5 to 7 hours. Stuffed green peppers can also be cooked in the oven. Place peppers into a casserole dish and cover with foil. Cook in 375 F oven for 1 hour. Remove foil and let brown before serving. Stuffed peppers can also be microwaved in a microwave safe dish.

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# Black Bean and Sweet Potato Chili with MMM Rice/Soy

## Ingredients:

- 2 large sweet potatoes, peeled and cubed (about 5 cups)
- 3 cups chopped onions (may substitute dehydrated onion)
- 3 cloves of garlic, chopped (powdered garlic may be substituted)
- 1 Tablespoon ground cumin
- 2 Tablespoons of chili powder
- 2 cans (15 oz) diced tomatoes, undrained
- 1 can black beans (15 oz), drain and rinsed
- 2 cups of chicken broth
- 2 teaspoons red wine vinegar
- 1 package of KAH Rice/Soy mix cooked to directions leaving a little undercooked.
- Toppings – shredded cheese, sour cream, etc.

## Nutritional Info

Servings Per Recipe: 6

Amount Per Serving

Calories: 299.1

Total Fat: 0.6 g

Cholesterol: 1.7 mg

Sodium: 739.3 mg

Total Carbs: 64.8 g

Dietary Fiber: 13.1 g

Protein: 11.0 g

## Directions:

Put all ingredients into a Crock Pot and cook on low for 7 to 8 hours or on high for 3 – 4 hours. You can also add all ingredients into a large pot on a stove for 1-2 hours and simmer on low heat. Keep pot covered while cooking.

During the last 10 to 45 minutes of cooking in Crock Pot add ½ a package of cooked Rice/Soy. Stir, cover and continue cooking on high setting. On stove top, add Rice/Soy the last 10-15 minutes of cooking. Make sure the chili remains moist by adding hot water while Rice/Soy is warming up. Serve with favorite toppings.

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