

COOKING WITH WHAT'S ON HAND

Onion Rice Serves 4 to 6.

1 cup uncooked rice
1/2 envelope onion soup mix
1/2 tsp. parsley flakes

2 cups cold water
1 Tbsp. margarine

Combine ingredients in heavy saucepan. Bring to a boil over high heat, cover tightly and cook over low heat 14 minutes or until liquid is absorbed.

Nutrition Facts (per serving): Calories 170 ~ fat 3 g ~ calories from fat 25 ~ sodium 380 mg ~ total carbohydrate 32 g

Spanish Rice Serves 4 to 6.

1 Tbsp. green bell pepper flakes
1/2 tsp. salt
1/2 tsp. parsley
1/8 tsp. dried basil

1 cup uncooked rice
2 cups water
1 Tbsp. margarine



Combine ingredients in saucepan and cover with a tight lid. Bring to a boil, reduce heat. Simmer over very low heat for 20 minutes or until liquid is absorbed.

Nutrition Facts (per serving): Calories 160 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 270 mg ~ total carbohydrate 30 g

Quick Chili Serves 4.

1/2 lb. lean ground beef
15 1/2-oz. can kidney beans, drained (save liquid)
1/3 cup bean liquid

1 cup canned tomato puree
1 Tbsp. instant minced onion
1 1/2 Tbsp. chili powder

Cook beef in hot skillet until lightly browned. Drain off fat. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover, and simmer 10 minutes.

Nutrition Facts (per serving): Calories 230 ~ fat 3 g ~ calories from fat 30 ~ sodium 310 mg ~ total carbohydrate 32 g

Stovetop Tamale Pie Serves 4.

Quick chili (see above recipe)
8-oz. can whole-kernel corn, not drained
1/2 cup yellow cornmeal

dash of salt
1 1/4 cup cold water
1/8 tsp. chili powder



Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly. As chili heats, mix cornmeal and salt with water in a saucepan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Nutrition Facts (per serving): Calories 370 ~ fat 7 g ~ calories from fat 60 ~ sodium 490 mg ~ total carbohydrate 54 g



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