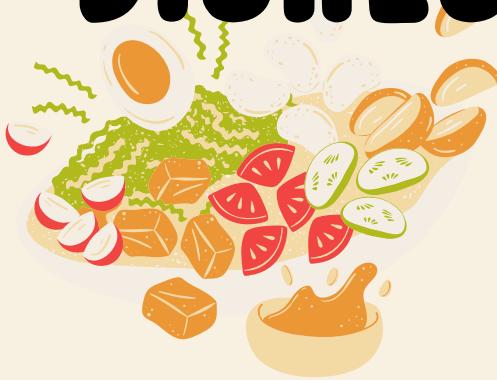


BUSY NIGHT? TRY THESE QUICK RICE DISHES



by

GER WHOLESALE



SIMPLE FRIED RICE



INGREDIENTS

1 CUP COOKED RICE

1 EGG

1/4 CUP FROZEN PEAS
AND CARROTS

1 TABLESPOON
VEGETABLE OIL

1 TABLESPOON
SOY SAUCE



SIMPLE FRIED RICE



INSTRUCTIONS

- IN A SMALL BOWL,
BEAT THE EGG.
- HEAT THE VEGETABLE
OIL IN A PAN OVER
MEDIUM-HIGH HEAT.
- ADD THE BEATEN EGG
AND SCRAMBLE FOR
1-2 MINUTES UNTIL
FULLY COOKED.

SIMPLE FRIED RICE



INSTRUCTIONS

- ADD THE FROZEN PEAS AND CARROTS TO THE PAN AND COOK FOR ANOTHER 1-2 MINUTES UNTIL HEATED THROUGH.
- ADD THE COOKED RICE AND SOY SAUCE TO THE PAN AND STIR TO COMBINE.

SIMPLE FRIED RICE



INSTRUCTIONS

- COOK FOR AN ADDITIONAL 1-2 MINUTES UNTIL EVERYTHING IS HEATED THROUGH AND THE RICE IS SLIGHTLY CRISPY.



QUICK AND EASY SPANISH RICE

INGREDIENTS

1 CUP COOKED RICE

1/4 CUP DICED TOMATOES

1/4 CUP DICED ONION

1/4 CUP FROZEN CORN

1 TABLESPOON

VEGETABLE OIL

1/2 TEASPOON

GARLIC POWDER

1/2 TEASPOON

CHILI POWDER

QUICK AND EASY SPANISH RICE

INSTRUCTIONS

- HEAT THE VEGETABLE OIL IN A PAN OVER MEDIUM HEAT.
- ADD THE DICED ONION TO THE PAN AND SAUTÉ FOR 1-2 MINUTES UNTIL TRANSLUCENT.

QUICK AND EASY SPANISH RICE

INSTRUCTIONS

- ADD THE DICED TOMATOES, FROZEN CORN, GARLIC POWDER, AND CHILI POWDER TO THE PAN AND STIR TO COMBINE.
- ADD THE COOKED RICE TO THE PAN AND STIR TO COMBINE.

QUICK AND EASY SPANISH RICE



INSTRUCTIONS

- COOK FOR AN ADDITIONAL 2-3 MINUTES UNTIL EVERYTHING IS HEATED THROUGH.



QUICK AND EASY COCONUT RICE



INGREDIENTS

1 CUP COOKED RICE
1/4 CUP COCONUT MILK
1/4 TEASPOON SALT
1/4 TEASPOON SUGAR



QUICK AND EASY COCONUT RICE



INSTRUCTIONS

- IN A SMALL SAUCEPAN, HEAT THE COCONUT MILK, SALT, AND SUGAR OVER MEDIUM HEAT.
- ONCE THE COCONUT MILK MIXTURE STARTS TO SIMMER, ADD THE COOKED RICE AND STIR TO COMBINE.

QUICK AND EASY COCONUT RICE

INSTRUCTIONS

- COOK FOR AN ADDITIONAL 2-3 MINUTES UNTIL EVERYTHING IS HEATED THROUGH AND THE RICE HAS ABSORBED THE COCONUT MILK.

LEMON AND HERB RICE

INGREDIENTS

1 CUP COOKED RICE
1 TABLESPOON OLIVE OIL
1 GARLIC CLOVE, MINCED
1/4 TEASPOON
DRYED THYME
1/4 TEASPOON
DRYED ROSEMARY
1/2 LEMON, JUICED
SALT AND PEPPER
TO TASTE

LEMON AND HERB RICE



INSTRUCTIONS

- HEAT THE OLIVE OIL IN A PAN OVER MEDIUM HEAT.
- ADD THE MINCED GARLIC, DRIED THYME, AND DRIED ROSEMARY TO THE PAN AND SAUTÉ FOR 1-2 MINUTES UNTIL FRAGRANT.

LEMON AND HERB RICE



INSTRUCTIONS

- ADD THE COOKED RICE TO THE PAN AND STIR TO COMBINE.
- SQUEEZE THE LEMON JUICE OVER THE RICE AND STIR TO COMBINE.
- SEASON WITH SALT AND PEPPER TO TASTE.

LEMON AND HERB RICE



INSTRUCTIONS

- COOK FOR AN ADDITIONAL 2-3 MINUTES UNTIL EVERYTHING IS HEATED THROUGH.



QUICK AND EASY RICE AND BEAN SALAD

INGREDIENTS

1 CUP COOKED RICE

1/2 CUP CANNED
BLACK BEANS,
DRAINED AND RINSED

1/4 CUP DICED RED ONION

1/4 CUP DICED

RED BELL PEPPER

1/4 CUP CHOPPED

FRESH CILANTRO

QUICK AND EASY RICE AND BEAN SALAD

INGREDIENTS

1 TABLESPOON OLIVE OIL
1 TABLESPOON
RED WINE VINEGAR
SALT AND PEPPER
TO TASTE

QUICK AND EASY RICE AND BEAN SALAD

INSTRUCTIONS

- IN A LARGE BOWL, COMBINE THE COOKED RICE, BLACK BEANS, DICED RED ONION, DICED RED BELL PEPPER, AND CHOPPED CILANTRO.

QUICK AND EASY RICE AND BEAN SALAD

INSTRUCTIONS

- IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL AND RED WINE VINEGAR TO MAKE THE DRESSING.
- POUR THE DRESSING OVER THE RICE MIXTURE AND STIR TO COMBINE.

QUICK AND EASY RICE AND BEAN SALAD



INSTRUCTIONS

- SEASON WITH SALT AND PEPPER TO TASTE.
- SERVE THE RICE AND BEAN SALAD AT ROOM TEMPERATURE OR CHILLED.

