

# Home on the Range

## Stretch Your Budget With Rice

What comes in a variety of flavors and complements any meal? Rice. It's emerging as the "new" food of choice.

Not so long ago, our selection of rice was limited. Not any more. Today, we can choose from wild to cajun to pilaf. Rice not only tastes great, it's nutritious, low in calories, and simple to prepare.

Many want to know if wild rice is different from regular rice. In fact, wild rice isn't rice at all. Wild rice is very nutritious. It has more protein and fewer calories than regular rice, as well as B vitamins. A small portion of wild rice can be economically combined with other ingredients to give recipes a hearty and distinctive flavor.

Take a look at these recipes, especially the delightful tale sent in by Sara Runkle, and you can clearly see how versatile rice is to include in your daily menu.

### CURRIED RICE

- 1/4 cup dry sherry
- 1/3 cup raisins
- 14 1/2 -ounce can chicken broth
- 3/4 cup milk
- 1/3 cup catsup
- 1/2 teaspoon salt
- 2 teaspoons curry powder
- 1 cup uncooked long grain rice
- 2 tablespoons slivered almonds, toasted

Heat sherry in small saucepan. Add raisins and let stand 15 minutes. Bring chicken broth and next four ingredients to a boil in a large skillet. Stir in rice. Cover, reduce heat and simmer 20 minutes or until rice is tender. Stir in almonds and raisin mixture. Serve immediately. Serves 8.

Eileen Greenaway  
Somerville, NJ

### BLACK BEAN AND RICE SALAD

- 2 cups cooked rice, cooled to room temperature
- 1 cup cooked black beans
- 1 cup chopped fresh tomato
- 1/2 cup shredded cheddar cheese (optional)
- 1 tablespoon snipped fresh parsley
- 1/4 cup prepared light Italian dressing
- 1 tablespoon fresh lime juice
- Lettuce leaves

Combine rice, beans, tomato, cheese (if desired), and parsley in large bowl. Pour dressing and lime juice over rice mixture; toss. Serve on lettuce leaves.

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### BLUEBERRY CRISP

- 3 cups cooked brown rice
- 3 cups fresh blueberries\*
- 1/4 cup plus 3 tablespoons brown sugar, divided
- Vegetable cooking spray
- 1/2 cup rice bran (optional)
- 1/4 cup whole wheat flour
- 1/4 cup chopped walnuts
- 1 teaspoon ground cinnamon
- 3 tablespoons butter

Combine rice, blueberries, and 3 tablespoons sugar. Coat 8 individual custard cups or 2-quart baking dish with cooking spray. Place rice mixture in cups or baking dish; set aside. Combine bran, flour, walnuts, cinnamon, and remaining 1/4 cup sugar in mixing bowl. Cut in butter with pastry blender until mixture resembles coarse meal. Sprinkle over rice mixture. Bake at 375 degrees, 15 to 20 minutes or until thoroughly heated. Serve warm.

\*Frozen unsweetened blueberries may be substituted. Thaw and drain before using.

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### BRUNCH RICE

- 1 teaspoon butter
- 3/4 cup shredded carrots
- 3/4 cup diced green pepper
- 3/4 cup sliced fresh mushrooms
- 6 egg whites, beaten
- 2 eggs, beaten
- 1/2 cup skim milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

- 3 cups cooked brown rice
- 1/2 cup shredded cheddar cheese
- Corn tortillas, warmed (optional)

Melt butter in large skillet over medium-high heat until hot. Add carrots, green pepper, and mushrooms; cook 2 minutes. Combine egg whites, eggs, milk, salt, and black pepper in small bowl. Reduce heat to medium and pour egg mixture over vegetables. Continue stirring 1 1/2 to 2 minutes. Add rice and cheese; stir to gently separate grains. Heat 2 minutes. Serve immediately or spoon mixture into warm tortillas, if desired.



See the featured recipe to learn how to make this delightful Southwestern Vegetable Rice.

### SALLY SOUP

Makes 1 gallon

Broth for Sally Soup:

- 5-pound roasting chicken, cut-up

- 1 medium onion, sliced
- 1 cup chopped celery
- 1 clove garlic, chopped
- 1 1/2 quarts water
- Salt and pepper
- 1 tablespoon parsley
- 2 bay leaves

Combine all ingredients. Roast at 350 degrees for about 2-2 1/2 hours. Cool. Pick meat from bones, chop, except save the breast meat for sandwiches or casseroles. Recook bones and skin. Boil 10 minutes. Strain broth. Add water if necessary to make 2 quarts.

Soup mixture:

- 2 cups chopped chicken from roasted chicken

- 1 1/4 cups converted rice
- 2 1/2 cups water
- 2 carrots, chopped
- 2 pieces celery, chopped
- 1 medium onion, chopped
- 1 bay leaf
- 1 tablespoon parsley
- 1 tablespoon chicken base
- 2 quarts strained broth from roasted chicken

Salt and pepper, to taste  
Cook together all ingredients except meat and 2-quarts reserved broth, which are added at the end.

Hard-boiled egg can be added if you want added protein or a garnish.

*Seven years ago my husband, at the age of 43, decided to change his life-long profession from the banking and business world to a small veal operation.*

*Both he and I were born and raised in the city of York. I knew very little about farming, animals, gardening, or even how to get the feathers off a chicken before roasting. This may sound funny to long-time farmer wives, but actually this wasn't real funny of a 43-year-old woman who had only purchased*

*groceries at the store all her life. We joined a Mennonite church at the same time as the career change.*

*This little farm was changed from an old run-down dairy farm to a veal operation. The men from our church came for about six to nine months to help rebuild our barn so it would become a workable veal operation. It was necessary for me to feed six to 12 hungry men a couple days a week as the men worked on the barn.*

*So was born "Sally Soup" out of necessity.*

*I needed to stay on a tight budget while we were sinking our life's savings into the farm. Our church family gave many free hours of labor, lumber, goods, food and love during this time. We are grateful to them for their*

*Christ-like attitude and actions. I served the "Sally Soup," that year. My friend, Salome Yoder, named the soup. Whenever we eat the soup, it brings back sweet memories. I have learned many things in the past seven years, thanks to my husband, neighbors, and friends. I even learned how to feed veal calves and clean my own chickens.*

*This story proves you can teach an old dog new tricks. Now I can the soup and sell it or give as gifts to the sick or shut-ins.*

*Many neighbors and friends have been blessed by this simple recipe.*

*The soup also chases away colds, flu, and the blues. Give to family, friends, and shut-ins.*

Sara Runkle  
Beaver Springs

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## Featured Recipe

Cooking with rice is an excellent way to stretch your food dollars. At only four cents per serving, using rice will help you prepare economical dishes that are still delicious and nutritious.

Rice is free of cholesterol, fat, and sodium and is the perfect choice for quick to fix recipes at any meal.

Uncooked white rice can be stored on a shelf indefinitely and is ready to use with no washing, peeling, or chopping. Once opened, rice should be stored in an airtight container.

Cooked rice may be stored in refrigerator in an airtight container for one week or in the freezer for six months.

If you would like more recipes using rice, send a self-addressed stamped business-sized envelope to USA Rice Council, P.O. Box 740121, Houston, Texas 77274.

### SOUTHWESTERN VEGETABLE RICE

- 2 cups chicken broth
- 1 cup uncooked rice
- 1/3 cup diced green pepper
- 1/3 cup chopped fresh tomato
- 1/2 cup chopped onion
- 1 tablespoon butter
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper

Combine broth, rice, green pepper, tomato, onion, butter, chili powder, cumin, and red pepper in 2- to 3-quart saucepan. Bring to a boil stir once or twice. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Fluff with fork. Makes 6 servings

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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|-----------|------|----------------------|
| September | 26 - | Pizza Varieties      |
| October   | 3 -  | Pork Month           |
|           | 10 - | National Apple Month |
|           | 17 - | Using Walnuts        |

