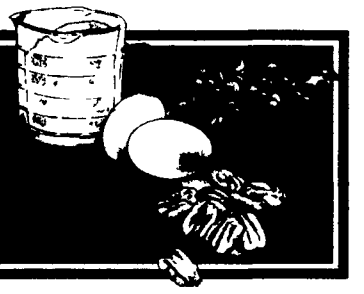


# Home on the Range



## Make It With Rice

### MIDEASTERN SETTLERS CHEESY BEEF HOTPOT

- ¾ cup long-grain rice
- ½ cup shredded mozzarella cheese
- Freshly ground pepper, to taste
- 2 tablespoons olive oil
- ½ pound lean beef tips
- ½ pound fresh Italian sausage, removed from casing
- 1¼ cups Italian pasta sauce with herbs, mushrooms, garlic
- ½ cup thinly sliced Fontina cheese or provolone cheese
- ½ cup thinly sliced Swiss cheese

Cook rice according to package directions; cool. Add mozzarella cheese. Season with pepper.

Preheat oven to 350 degrees.

Cut beef tips into thin strips. In a large skillet, add oil and place skillet over medium heat. When oil is hot, add beef tips and sausage (break up sausage with a fork while cooking) and cook until brown, about 4-6 minutes.

On the bottom of 9x13-inch baking dish, layer half of the rice and mozzarella mixture, half of the tomato sauce, and half the beef tips and sausage. Repeat the rice, sauce, and meat layering and top the final layer with fontina and Swiss cheeses.

Cook 15-20 minutes in oven until the cheeses have melted. Allow the dish to stand five minutes. Cut and serve.

### APPLE BROWN RICE STUFFING

- 1 medium apple, cored and diced
- ½ cup chopped onions
- ½ cup sliced celery
- ½ cup seedless raisins
- ½ teaspoon poultry seasoning
- ¼ teaspoon dry thyme leaves
- ¼ teaspoon ground black pepper
- 2 teaspoons butter
- 3 cups cooked brown rice (cooked in apple juice)
- ½ cup rice bran
- ½ cup slivered, toasted almonds
- ¼ cup apple juice

Cook apple, onions, celery, raisins, poultry seasoning, thyme, and pepper in butter in large skillet until vegetables are tender crisp. Stir in remaining ingredients. Use as a stuffing for poultry or pork roast. To serve as a side dish, cook until thoroughly heated.

### CRANBERRY PEAR CRISP

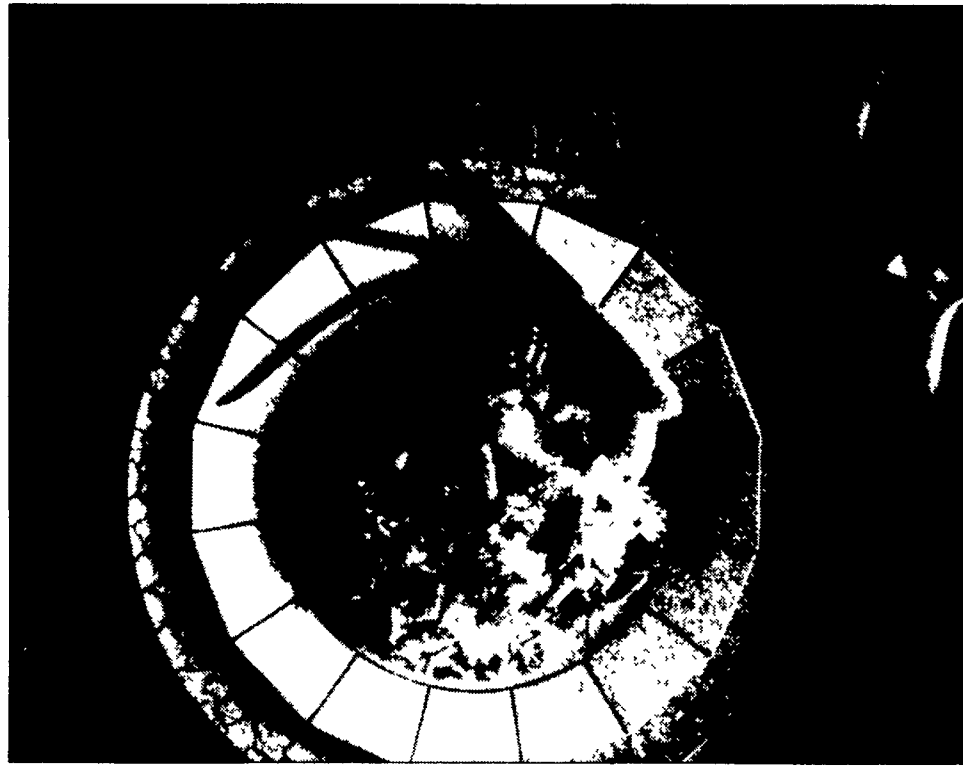
- 3 cups cooked brown rice
- 2 cups diced, peeled pears
- 1 cup fresh or frozen chopped cranberries
- ½ cup packed brown sugar, divided
- ½ cup flour, divided
- vegetable cooking spray
- ¼ cup rolled oats
- 3 tablespoons butter

## Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- October
  - 20 — Chicken Meals
  - 27 — Pumpkins, Squash
- November
  - 3 — Cooking With Oatmeal



Ginger Walnut Rice Salad is elegant, delicious, easy to prepare, and good for you.

- ¼ cup chopped pecans
- ¼ cup flaked coconut
- Combine rice, pears, cranberries, ¼ cup sugar, and two tablespoons flour. Place rice mixture in 2-quart baking dish with cooking spray; set aside. Combine remaining flour, remaining sugar, and oats in bowl. Cut in butter with pastry blender until mixture resembles coarse meal. Add pecans and coconut; blend well. Sprinkle over rice mixture. Bake at 375 degrees for 25 minutes or until thoroughly heated. Serve warm. Makes eight servings.

### GREEN BEAN ALMOND RICE

- 1 tablespoon butter
- ½ cup slivered almonds
- ½ cup chopped onion
- ½ cup chopped red pepper
- 3 cups cooked brown rice (cooked in beef broth)
- 10 ounces frozen French-style green beans, thawed
- ½ to ¾ ground white pepper
- ¼ teaspoon tarragon

Melt butter in large skillet over medium-high heat. Add almonds; stir until lightly browned. Add onions and red pepper; cook for two minutes or until tender. Add rice, green beans, white pepper, and tarragon. Stir until thoroughly heated. Makes eight servings.

- BLEU CHEESE  
STUFFED MUSHROOMS
- 20 large fresh mushrooms
- 2 tablespoons butter
- ¼ cup finely-chopped red pepper

- ½ cup heavy cream
- ¼ cup crumbled bleu cheese
- 1-½ cups cooked rice
- 1 tablespoon minced fresh basil
- ½ teaspoon ground white pepper
- fresh basil, chopped, for garnish

Clean mushrooms with damp paper towel. Remove mushroom stems; finely chop stems and set aside.

Saute mushroom caps in butter in skillet until almost tender; drain on paper towels. Saute mushroom stems and red pepper in skillet.

Add cream; bring to a boil. Reduce heat and add cheese; cook until melted. Stir in rice, basil, and pepper; cook until thoroughly heated. Spoon rice mixture into mushroom caps.

Place mushroom caps in greased shallow baking pan. Cover and bake at 350 degrees for 10 minutes or until tender.

Drain on paper towels. Garnish stuffed mushrooms with basil. Makes 20 appetizers.

### PEPPERMINT CLOUD

- 2 cups cooked rice
- 1½ cups miniature marshmallows
- 1 cup milk
- ½ cup crushed peppermint candy
- 1 teaspoon vanilla extract
- 1 cup whipping cream, whipped
- 1 prepared chocolate crumb crust
- ¼ cup fudge sauce

Combine rice, marshmallows, milk, and candy in 2-quart saucepan. Cook over medium heat until thick and creamy (6-8 minutes), stirring constantly. Remove from heat and stir in vanilla; cool.

Fold in whipped cream. Spoon into chocolate crust. Chill at least three hours. Drizzle with warm fudge sauce before serving. Makes six servings.

### HARVEST RICE

- 1 tablespoon vegetable oil
- 1 cup thinly-sliced carrots
- 1 cup sliced green onions
- 2 cups cored, chopped, unpeeled apples

- 3 cups cooked brown rice
- ½ cup seedless raisins
- 1 tablespoon sesame seed
- ½ teaspoon salt

Cook carrots in oil in large skillet over medium high heat until tender crisp. Add onions and apples; cook 3-5 minutes. Stir in onions, rice, raisins, sesame seeds, and salt. Cook, stirring, until thoroughly heated. Makes six servings.

### BEEF AND VEGETABLE MEDLEY

- 4-6½ ounces long grain and wild rice mix
- 1 pound boneless beef sirloin steak, cut into strips
- ¾ teaspoon salt
- ¾ teaspoon black pepper
- 1 tablespoon vegetable oil
- 1 cup red pepper strips
- 1 cup sliced fresh mushrooms
- 1 cup sliced zucchini
- 1 cup sliced yellow squash
- ½ cup sliced green onions, in-

cluding tops  
1 clove garlic, minced  
Prepare rice mix as directed on package. Season beef with salt and black pepper; brown in oil in large skillet over high heat.

Stir in remaining ingredients except rice; stir-fry three to four minutes or until vegetables are tender crisp. Stir in rice; heat thoroughly. Makes four servings.

### FESTIVAL FRIED RICE

- 2 slices bacon, diced
- ½ cup sliced green onions, including tops
- ½ cup sliced mushrooms
- ¼ cup diced red or green pepper
- ¼ cup frozen green peas, thawed
- 1 egg, beaten
- 2 cups cooked rice, chilled
- 1 tablespoon soy sauce

Cook bacon in large skillet over medium-low heat until crisp. Increase heat to medium. Add onions, mushrooms, pepper, and peas. Stir-fry on minute. Push vegetables aside; pour egg into skillet and scramble. Add rice and soy sauce; stir until heated, gently separating grains.

### HEARTY CHICKEN AND RICE SOUP

- 10 cups chicken broth
- 1 medium onion, chopped
- 1 cup sliced celery
- 1 cup sliced carrots
- ¼ cup snipped parsley
- ½ teaspoon cracked black pepper
- ½ teaspoon dried thyme leaves
- 1 bay leaf
- 1½ cups chicken cubes (about ¾ pound)
- 2 cups cooked rice
- 2 tablespoons lime juice
- lime slices for garnish

Combine broth, onion, celery, carrots, parsley, pepper, thyme, and bay leaf in Dutch oven. Bring to a boil; stir once or twice. Reduce heat, simmer, uncovered, 10 to 15 minutes.

Add chicken; simmer, uncovered, five to 10 minutes or until chicken is cooked. Remove and discard bay leaf.

Stir in rice and lime juice just before serving. Garnish with lime slices.

## Featured Recipe

Many reasons to cook with rice exist. Dishes that include rice look elegant, taste delicious, and are easy and inexpensive to prepare.

One half cup rice contains only 82 calories, is high in complex carbohydrates, and is cholesterol and sodium-free.

Here is a recipe that demonstrates the versatility of rice.

Enjoy Ginger Walnut Rice Salad: its elegance, its delicious flavor, and ease of preparation, and the knowledge that rice is good for you.

### GINGER WALNUT RICE SALAD

- 2 cups rice (cooked in chicken broth), cooled to room temperature
- 8-ounce can pineapple tidbits in juice, drained (reserve juice)
- ¾ cup walnuts, coarsely chopped and toasted
- ¼ cup sliced green onions
- ¼ cup golden raisins
- ¼ cup diced red bell pepper
- 1 tablespoon minced crystallized ginger
- 1 tablespoon reduced sodium soy sauce
- 2 teaspoons sesame oil
- Lettuce leaves

Combine rice, pineapple tidbits, walnuts, onions, raisins, pepper, and ginger in large bowl. Whisk together soy sauce, sesame oil and 3 tablespoons reserved pineapple juice. Add dressing to rice mixture; toss lightly. Serve on lettuce leaves. Makes 4 servings.

To toast walnuts: Heat oven to 350 degrees. Spread walnuts in shallow baking pan; bake 8-10 minutes, stirring occasionally, until golden brown.