



**Recipes for Meals from the Heart Rice Dinner
and
Fresh Sweet Potatoes**



MFTH Rice Stuffing



Basic MFTH Recipe



MFTH Cheesy Rice Hot Dish



Sweet Potato Dessert Squares



Sweet Potato Fries



Twice Baked Sweet Potatoes



Recipes using Meals from the Heart Rice Dinner

Information About Meals from the Heart Rice Dinner

- This product provides a high-protein and fortified rice dinner that may be added to other recipes.
- Follow the instructions on the **FRONT** on the package when preparing this product.
- You may store cooked product in 1-1/2 cup portions in freezer for future use.

Basic Meals from the Heart Recipe

You will need:

1 Meals from the Heart Rice Packet	3 cups chicken broth	3 cups water
2 tbsp. oil	1 tsp. dried minced onion	$\frac{1}{2}$ tsp. garlic powder
$\frac{1}{2}$ tsp. dried sage (optional)	other chopped vegetables of choice (optional)	

Instructions:

- Heat oil in pan. Add as much rice as you can remove from the bag. Save other ingredients.
- Sauté rice for 5 minutes. Add remainder of bag ingredients to rice/oil mix.
- Add 3 cups chicken broth and 3 cups water. Add onion, garlic, and sage (optional).
- Bring mixture to a boil and then cover and turn heat down to a simmer.
- Add other fresh or frozen vegetables as desired.
- Continue cooking for at least 18 minutes, stirring frequently to prevent sticking.

Cheesy Rice Hot Dish

You will need:

1 Meals from the Heart Rice Packet	8 chicken bouillon cubes	8 cups of water
1 (10 oz.) bag frozen mixed vegetables	1 (6 oz.) box chicken stuffing mix	$\frac{1}{2}$ cup butter, melted
3 boneless, skinless chicken breasts, cubed	6 Swiss or cheddar cheese slices	cooking spray

Instructions:

- Prepare Meals from the Heart Rice Dinner according to instructions on the **FRONT** of the package.
- Place rice mixture in bottom of greased casserole dish. Put vegetables over rice; place chicken on top.
- Place slices of Swiss cheese on top of chicken. Mix a chicken stuffing mix with $\frac{1}{2}$ cup melted butter.
- Spread prepared stuffing mix over chicken. Cover and bake at 350 degrees F for 45 minutes.
- Uncover and bake for 15 minutes or until stuffing is crispy.

Chicken Soup with Rice

You will need:

1 Meals from the Heart Rice Packet	1 (14.5) can chicken broth	3 stalks celery, chopped
1 skinless, boneless chicken breast halves, cubed		3 carrots, chopped
1 onion, chopped	2 cubes chicken bouillon	4 cups water
		salt/pepper to taste

Instructions:

- Prepare Meals from the Heart Rice Dinner according to instructions on the **FRONT** of the package.
- In a large saucepan over high heat, add 4 cups of water with chicken broth; bring to a boil.
- Add the chicken, carrots, onion, celery, and bouillon. Reduce to low heat. Add salt/pepper to taste.
- Cover and simmer for about 15 minutes or until vegetables are soft. Add more water if necessary.
- Add 1 or 1-1/2 cups prepared Meals from the Heart Rice Dinner and simmer for additional 15 minutes.

Meals from the Heart Rice Stuffing

You will need:

1 Meals from the Heart Rice Packet Ingredients for favorite stuffing recipe

Instructions:

- Prepare Meals from the Heart Rice Dinner according to instructions on the **FRONT** of the package.
- Prepare favorite stuffing recipe and add 1 to 1-1/2 cups prepared rice mixture to prepared stuffing.

Fresh Sweet Potato Recipes

How to Bake a Sweet Potato

- Do not preheat oven. Do not wrap potatoes in foil. Poke 3 small holes in each potato.
- Place potatoes onto middle rack in oven. Place foil covered cookie sheet in lower rack under potatoes.
- Set oven to 425 degrees F; bake potatoes for 45 min. Turn off oven; leave them in oven for 45 min.

Oven Baked Sweet Potato Fries

You will need:

2 large sweet potatoes, peeled, cut into French fry shape			3 tbsp. vegetable oil
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. pepper	$\frac{1}{4}$ tsp. paprika	$\frac{1}{4}$ tsp. garlic powder

Instructions:

- Position rack in upper third of oven. Preheat oven to 425 degrees F.
- Spray baking sheet with non-stick spray. Place sweet potato wedges and oil in a large bowl.
- Toss lightly. Sprinkle with salt, pepper, paprika, and garlic powder.
- Arrange potatoes in a single layer on prepared baking sheet, being sure not to overcrowd.
- Bake until tender and golden brown, turn occasionally; about 16 - 20 min. Cool for 5 minutes

Twice Baked Sweet Potatoes with Bacon and Sour Cream

You will need:

2 medium sweet potatoes	3 ounces Canadian bacon, diced	2 tbsp. sour cream
3 tsp. chopped fresh chives	3 tsp. chopped fresh chives	2 tbsp. sharp cheddar cheese

Instructions:

- Pierce potatoes with a fork, and arrange on paper towels. Microwave on high 8 minutes.
- Turn potatoes over after 4 minutes. (You could also bake the sweet potatoes in the oven.)
- Cut each potato in half lengthwise. Scoop out pulp.
- Leave $\frac{1}{4}$ inch shells. Mash pulp with Canadian bacon, sour cream, and chives. Spoon mixture into shells.
- Sprinkle 2 tbsp. cheese over tops of potatoes. Microwave on high 2 minutes; then sprinkle with chives.

Sweet Potato Dessert Squares

You will need:

3 cups cold mashed sweet potatoes	1 package (regular size) yellow cake mix	$\frac{1}{2}$ cup melted butter
1 large egg, lightly beaten	$\frac{2}{3}$ cup whole milk	$\frac{1}{2}$ cup packed brown sugar
2 large eggs, lightly beaten	6 tbsp. cold butter	1 cup chopped pecans
$\frac{1}{4}$ cup sugar	1 tsp. ground cinnamon	whipped cream and pecan halves (optional)
1 tbsp. pumpkin pie spice (or use $\frac{1}{2}$ tbsp. cinnamon, $\frac{1}{4}$ tbsp. ginger, $\frac{1}{4}$ tbsp. nutmeg, and $\frac{1}{4}$ tbsp. allspice)		

Instructions:

- Preheat oven to 350 degrees F. Set aside 1 cup of the dry cake mix.
- Combine the remaining cake mix with butter and egg. Spread into a greased 13 x 9-inch baking pan.
- Whisk filling ingredients together until smooth. Pour filling over crust.
- For topping, cut butter into reserved cake mix until crumbly. Stir in pecans sugar and cinnamon.
- Sprinkle over filling. Bake for 55 to 60 minutes or until knife inserted in center comes out clean.
- Top with pecan halves and whipped cream if desired.