Nutri-Plenty Recipes

Classic Rice Casserole
1 Nutri-Plenty packet, 6 cups water

Tex Mex Recipe
1 NUTRI-PLENTY packet, 6 cups water, 1 can diced tomatoes (with lime & cilantro, or with chiles), Garlic powder, diced zucchini and green pepper

Tuna & Rice
1 Nutri-Plenty packet, 6 cups water, 1 can cheddar cheese soup, 1 can tuna

Chicken & Rice
1 Nutri-Plenty packet, 6 cups water, 1 can cream of chicken soup, 1 cup cooked chicken

Additional tips
□ Try adding a package of frozen or canned vegetables
□ Easy tip—1 can of diced tomatoes or RoTel tomatoes
□ If cooked in 10 cups of water, it makes a nice soup
□ Add various peppers and spices. Salsa can also be added for a spicy version

Microwave cooking instructions
• **Make sure the container can hold at least 10 cups, as the mixture will grow in size
• Open Nutri-Plenty® pack, pour ingredients in bowl and remove M+ packet—it will be used later.
• Add 4-1/2 cups of water, microwave uncovered 10 minutes on FULL power. Do not stir.
• Microwave an additional 15 minutes, uncovered, on 50% power. Stir in M+ powder, and additional ingredients if desired. Cover, and let sit for 5 minutes.