

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.



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