

Nutri-Plenty Recipes

Classic Rice

1 Nutri-Plenty packet, 7 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

