Whole Grain Sampling Day
cookbook
On March 30, 2016, Riceland employees celebrated Whole Grain Sampling Day. Employees from various departments brought 22 different dishes for tasting using Riceland’s whole grain brown rice products.

From breakfast to savory entrees to delicious desserts, Riceland employees tasted a wide variety of brown rice recipes.

We wanted to share our recipes with you for creative, delicious ways to include whole grain brown rice in your meal planning. Many recipes are family favorites, while some are from other sources.

Enjoy Riceland’s Whole Grain Sampling Day eCookbook, and share some tasty whole grain brown rice recipes with your loved ones.

From our kitchens to yours,
snacks

Mexican Brown Rice and Black Bean Salad

Easy Brown Rice and Corn Dip

Sausage Rice Balls
You don't have to cook fancy or complicated *masterpieces* - just *good food* from fresh ingredients.

*Julia Child*
Mexican Brown Rice and Black Bean Salad
Vicki, Inventory Control

Cool and fresh. This is an easy crowd pleaser.

things you need
2 cups frozen corn, cooked and drained
1 cup cooked Riceland Natural Brown Rice
2 15-ounce cans black beans, rinsed and drained
1 red bell pepper, chopped
1 small jalapeno, diced
1 bunch of green onions, sliced
3 tablespoons olive oil
Juice of one lime
1 teaspoon cumin
1 clove garlic, minced
3 tablespoons fresh cilantro, chopped
Salt and pepper to taste
1 cup crumbled queso fresco

Cook corn according to package directions.
Cook rice according to package directions.
Mix corn, brown rice, beans, red bell pepper, jalapeno and green onions in a large bowl.
In a smaller bowl, whisk together the olive oil, lime juice, cumin, garlic, cilantro, salt and pepper.
Fold dressing into the other ingredients, and top with crumbled cheese.
Toss all ingredients together and serve.
Easy Brown Rice and Corn Dip

Brenda, Accounts Receivable

Creamy, warm and full of flavor. The perfect snack.

things you need

- 1 15-ounce can tomatoes with green chilies, drained
- 1 15-ounce can whole kernel corn, drained
- 1 15-ounce can shoepeg corn, drained
- 1 cup cooked Riceland Natural Brown Rice
- 8 ounces cream cheese
- 1 tablespoon cumin powder
- 1 tablespoon garlic powder
- 1 tablespoon chili powder

Mix tomatoes with green chilies and both types of corn in medium microwave safe bowl. Add cooked brown rice, cream cheese and spices. Microwave 3-5 minutes or until cream cheese is softened. Stir to mix. Serve with your favorite chips.
Sausage Rice Balls

Susan, Inventory Control

A Riceland staple. The perfect portion every time.

things you need

- 2 cups cooked Riceland Natural Brown Rice
- 1 pound mild breakfast sausage
- ½ lb. hot sausage
- 3 cups biscuit mix
- 2 cups grated cheddar cheese
- ½ teaspoon poultry seasoning

Combine all ingredients in a medium bowl. Shape mixture into approximately 1-inch balls.

Place on ungreased baking sheet. Bake at 400 degrees for 20 minutes. Makes about 60 sausage balls.

Notes - If the sausage and cheese are used immediately upon removing from refrigerator, the ingredients will not mix well. Remove sausage and cheese from fridge before starting to cook the rice. They will warm slightly while the rice cooks.

Allow cooked rice to set for 30 minutes before combining with the other ingredients. Do not add to rice mixture immediately after cooking.
Brown Fried Rice

Cheesy Fiesta Beef and Brown Rice

Tex-Mex Chicken and Brown Rice Soup

Chicken Biryani and Brown Rice

Italian-Style Beans and Brown Rice

Honey Garlic Broccoli Shrimp with Riceland Boil-in-Bag Brown Rice

Chicken and Brown Rice Toss

Breakfast Casserole
Brown Rice with Onion, Bell Pepper, Mushrooms and Sautéed Chicken

Orange Chicken in Brown Rice

Dirty Rice

Tuna, Chicken and Brown Rice Casserole

Brown Rice, Sausage and Egg Casserole

Brown Rice and Pepper Casserole

Cheesy Broccoli Rice

Brown Rice and Mushroom Skillet

Broccoli, Brown Rice and Cheese Casserole
Brown Fried Rice

Riceland Cafeteria

Satisfy your cravings with this Asian inspired brown rice dish.

things you need

3 tablespoons butter, divided
2 eggs, whisked
12-ounce bag frozen mixed vegetables
1 small white onion, diced
3 cloves garlic, minced
Salt and pepper, to taste
4 cups cooked Riceland Natural Brown Rice
3 green onions, thinly sliced
5-7 tablespoons soy sauce, or more to taste
½ teaspoon toasted sesame oil

Heat ½ tablespoon of butter in a large skillet over medium-high heat until melted. Add egg and cook until scrambled. Remove egg and transfer to a separate plate.

Add an additional tablespoon of butter to the pan and heat until melted. Add carrots, onions, peas and garlic, and season with a generous pinch of salt and pepper. Cook for about 5 minutes or until onions and carrots are soft.

Increase heat to high, add in the remaining butter and stir until melted. Immediately add the cooked brown rice, green onions, and soy sauce and stir to combine.

Continue stirring for an additional 3 minutes to fry the rice. Then add the eggs and stir to combine. Add the sesame oil, stir to combine, and then remove from heat. Serve warm.
Cheesy Fiesta Beef and Brown Rice

The quick and easy weeknight meal to please the entire family.

things you need

- 1 cup uncooked Riceland Natural Brown Rice
- 1 15-ounce can whole kernel corn with juices
- 1 15-ounce can tomatoes with green chilies with juices
- 1 14-ounce can chicken broth
- 1 4-ounce can chopped green chilies
- 1 package taco seasoning
- 2 pounds hamburger meat, browned (optional)
- 1 pound American processed cheese product (optional)

Mix all ingredients in a pan and bring to a boil. Cover. Turn heat to lowest setting.

Cook about 45 minutes or until all liquid is absorbed.

Note – Add browned hamburger meat and cubed American processed cheese product for a complete meal.
Tex-Mex Chicken and Brown Rice Soup

Nancy, Accounts Receivable

Hearty and delicious. This soup is perfect for sharing.

things you need

- 2 tablespoons olive oil
- 1 large onion, chopped
- ½ teaspoon kosher salt
- 3 cloves of garlic, minced
- 1 4-ounce can green chilies
- ½ teaspoon pepper
- ½ teaspoon ground cumin
- 2 teaspoons chili powder
- 2 cans diced fire-roasted tomatoes
- 1 15-ounce can chicken broth
- 3 cups cooked shredded chicken
- 1 15-ounce can sweet corn
- 1 15-ounce can black beans, rinsed
- ¾ cup cooked Riceland Natural Brown Rice
- Tortilla chips
- Sour cream
- Grated cheddar cheese
- Lime wedges

Heat the oil in a large Dutch oven or pot over medium heat. Add the onion and ½ teaspoon kosher salt and cook, covered, stirring occasionally, until the onion is very tender and beginning to brown around the edges. Add the garlic and green chilies, stirring, for one minute.

Add all the spices and cook, stirring, for one minute.

Add the tomatoes, chicken broth, chicken, corn, black beans and bring to a boil.

Add the cooked rice. Reduce the heat and simmer for 15 minutes.

Serve with tortilla chips, sour cream, grated cheese and lime.
Chicken Biryani with Brown Rice

Rohit, Information Technology
From sanjeevkapoor.com

things you need

1 ½ cups Riceland Natural Brown Rice, uncooked (soaked in water for 3-4 hours)
Salt, to taste
2 1-inch cinnamon sticks
5-6 cloves
3-4 green cardamom
2 tablespoons canola oil
3 ½ cups chicken (1½-inch pieces on the bone)
¼ teaspoon turmeric
1-inch piece of ginger, roughly chopped
5-6 garlic cloves
1 medium onion, roughly chopped
¾ tablespoon green chutney
½ cup yogurt
½ teaspoon Garam masala powder
5-6 saffron
¼ cup milk
1 cup fried onions
2 tablespoons Desi ghee
Rose petals, a few
Rose water, a few drops
Kewra water, a few drops
Fresh mint leaves for garnish

An Indian inspired dish to break up your weeknight meal routine.

Heat sufficient water in a deep non-stick pan, add rice, salt, cinnamon, cloves, green cardamoms and cook 40 minutes.

Heat 2 tablespoons oil in another non-stick pan. Add chicken, turmeric powder and salt, and sauté. Grind ginger, garlic and onion, and add to the chicken. Mix well. Cover and cook for 3-4 minutes.

Add green chutney, taste for salt and mix well. Add yogurt and mix. Add garam marsala powder and mix again.

Heat oil to medium high, and add onions. Fry onions in hot oil until crispy. Add fried onions to chicken and mix. Cook until slightly dry.

Combine saffron and milk in a small bowl and heat in the microwave for 30 seconds. Set aside.

When the rice is almost done, strain it into a bowl. Add desi ghee and mix. Spread the rice over the chicken. Sprinkle rose petals, saffron milk, rose water, kewra Jal, garam masala powder and a few fresh torn mint leaves on top.
Italian-Style Brown Rice and Beans

Robin, Corporate Communications & Public Affairs     From Easy Soups and Slow Cooker Recipes

A slow cooker meal that saves on time, but doesn't lack flavor.

things you need

1 16-ounce package frozen chopped bell peppers and onions, thawed
2 15-ounce cans Italian stewed tomatoes
1 4-ounce can diced green chilies
2 15-ounce cans great northern beans, rinsed and drained
1 14-ounce can chicken broth
1 teaspoon Italian seasoning
½ teaspoon garlic powder
Bay leaf
½ cup water
¼ teaspoon cayenne pepper
2 bags Riceland Boil-in-Bag Whole Grain Brown Rice

Combine bell peppers, onions, stewed tomatoes, green chilies, beans, broth, Italian seasoning, garlic powder, bay leaf and ½ cup water in sprayed slow cooker.

Cover and cook on low for 5-7 hours. Remove bay leaf. Stir in cayenne pepper and rice, cover, turn on high and cook for 30 minutes or until rice is tender. Serve hot.
Honey Garlic Broccoli Shrimp with Riceland Boil-in-Bag Brown Rice

Tammy, Rice Industrial Sales

This Asian style shrimp and brown rice dish is sure to be a crowd pleaser.

things you need

- 2 tablespoons garlic, minced
- 1 teaspoon ginger
- ½ cup honey
- 1 tablespoon sesame oil
- ¼ cup soy sauce
- 1 pound medium or large shrimp (pre-cooked and thawed)
- 1 bag Riceland Boil-in-Bag Whole Grain Brown Rice
- 1½ cups broccoli
- 2 large onions, sliced
- Salt and pepper to taste

In a small bowl, mix together garlic, ginger, honey, sesame oil and soy sauce.

Place thawed shrimp in a large re-sealable bag, and pour 1/3 of the honey garlic mixture over the shrimp. Massage the marinade into the shrimp. Seal the bag and let it marinate for 10 minutes.

Cook rice according to instructions on box.

Warm a large skillet over medium heat. Add 2 tablespoons of honey garlic mixture to skillet. Toss in broccoli and onion. Cook until tender. Remove from skillet, and set aside.

Remove shrimp from marinade, discard bag. Add 2 tablespoons of honey garlic mixture to pan. Cook shrimp until bodies curl.

Add cooked broccoli and onion back into the skillet, and heat for 2-3 minutes. Add the cooked rice. Heat through and enjoy.

Note – Any leftover sauce makes a great drizzle.
Chicken and Brown Rice Toss

Samantha, Executive Offices

From Cooks.com

The perfect side dish or an even better lite lunch option.

In a mixing bowl, combine cooked brown rice, chicken, celery, olives and green onions.

Stir together mayonnaise and Italian dressing; add to chicken mixture.

Toss gently to coat. Cover and chill.

Just before serving, add cashews and toss again. Serve on lettuce lined salad bowl.

things you need

3 cups cooked Riceland Natural Brown Rice
2 cups cooked chicken
½ cup sliced celery
¼ cup sliced pitted ripe black olives
2 tablespoons sliced green onions
½ cup mayonnaise
¼ cup Italian dressing
½ cup coarsely chopped cashews
Lettuce
Brown Rice Breakfast Casserole

Debbie, Inventory Control

The breakfast of champions. This casserole will leave you fully satisfied.

things you need

- 1 lb. hot sausage
- 3 tablespoons butter
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 2 cups cooked Riceland Natural Brown Rice
- 5 eggs, beaten
- ½ cup milk
- 1 can cream of mushroom soup
- 2 cups shredded American processed cheese product
- 1 teaspoon dry mustard
- ½ teaspoon salt
- ½ teaspoon pepper

Brown sausage until cooked through. Pour off grease, and set sausage aside.

Melt butter in skillet, sauté onion and green bell pepper until tender. Add browned sausage.

Combine rice, eggs, milk, soup, cheese, dry mustard, salt and pepper. Add cooked onion, bell pepper and sausage. Mix well.

Pour into prepared 9x13 inch casserole dish. Bake at 350 degrees uncovered for 35-40 minutes until set.
Brown Rice with Onions, Bell Peppers, Mushrooms and Sautéed Chicken

Grain Merchandising Department

The ultimate meal of chicken, veggies and whole grain brown rice.

things you need

1 15-ounce can chicken broth
3 bags Riceland Boil-in-Bag Whole Grain Brown Rice
2 large chicken breasts
Onion powder
Garlic powder
Creole seasoning
Butter
½ cup chopped yellow onion
½ cup sliced mushrooms
1 cup chopped red, yellow or orange bell pepper or a combination of each, not to exceed one cup
Toasted sesame seeds

Using chicken broth in place of water, cook rice according to package directions.

While the rice is cooking, cut up chicken breasts into bite size pieces. Season with onion powder, garlic powder and creole seasoning to taste, and sauté in butter over medium heat, about 5 minutes.

Add onion, mushrooms and bell pepper to chicken. Sauté together until everything is cooked, about 10 minutes.

Pour cooked rice into a rectangle casserole dish. Stir in the cooked chicken, onion, bell peppers and mushrooms mixture. Spread evenly in the dish, and sprinkle the top with sesame seeds.

Serve hot and enjoy.
Orange Chicken in Brown Rice

Tiffany, Executive Offices

From Cooks.com

A delicious chicken and brown rice dish with hints of zesty orange.

things you need

4 cups cooked Riceland Natural Brown Rice
2 tablespoons oil
2 tablespoons butter
¼ cup flour
½ teaspoon paprika
¼ teaspoon salt
1/8 teaspoon pepper
2½ to 3 lbs. chicken
1 medium onion, chopped
1 green bell pepper, chopped
1 jar mushrooms, drained
¼ cup white wine or apple juice
1 cup orange juice
1 tablespoon sugar, packed

Cook rice according to package directions; set aside.

Heat oven to 425 degrees. Put oil and butter in 9x13 inch baking pan, and melt in the oven.

Mix together flour, paprika, salt and pepper. Coat the chicken in the flour mixture. Put chicken skin side down in the dish and cook for 30 minutes. Remove chicken and drain fat.

Spread cooked rice evenly in dish. Add onions, green pepper and mushrooms.

Add chicken. Mix the rest of the ingredients and pour over all.

Cover and bake for another 30 minutes.
Dirty Rice

Accounting Department

Quick, easy and loaded with flavor. Nothing dirty about this recipe.

things you need

1½ cups Riceland Natural Brown Rice, uncooked
½ stick butter, melted
2 10.5-ounce cans Beef Consommé
1 10.5-ounce can French Onion Soup (or one packet Lipton Dry Onion Soup Mix)

Mix all ingredients together and pour into a sprayed 9x13 inch casserole dish.

Cover with foil, seal edges well and bake at 350 degrees for 1 hour and 20 minutes, or until rice is tender.
Tuna, Chicken and Brown Rice Casserole

Fonda, Mailroom

things you need

1 bag Riceland Boil-in-Bag Whole Grain Brown Rice
1 cup water
1 6-ounce can tuna
1 10-ounce can chicken
1 10-ounce can tomatoes with green chilies
1 10-ounce can cream of chicken mushroom soup
1 10-ounce can of chicken broth
½ pound American processed cheese product

Cook rice according to package directions.

Combine all ingredients and mix well. Add cooked brown rice, and simmer for 20 minutes.

Add ½ pound of cubed American processed cheese product. Mix well and serve.

Note—Serve with salad and bread as a meal or with tortilla chips as a dip.
Brown Rice, Sausage and Egg Casserole

Rice Export Department

A hearty breakfast casserole to feed your whole family.

things you need

1 pound hot breakfast sausage
1 small onion, chopped
6 eggs, beaten
½ cup milk
Salt and pepper to taste
2 cups cooked Riceland Natural Brown Rice
1 10.5-ounce can cream of mushroom soup
3 cups shredded cheese of choice (cheddar, Colby, Monterey Jack)

Brown sausage with onion, drain well.

Combine eggs, milk, cheese, salt and pepper. Stir in rice, mushroom soup and sausage.

Pour into a 9x13 inch pan, sprayed with cooking spray, and top with additional cheese, if desired. Bake at 350 degrees for 30 minutes or until set.

Note—Casserole may be assembled the night before and refrigerated.
Brown Rice and Pepper Casserole

Deborah, Information Technology

things you need

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 bell peppers (red, green, yellow or mix), chopped
- 4 large garlic cloves, chopped
- 1 teaspoon paprika
- 1 14.5-ounce can diced tomatoes, drain but keep the juices for later
- 3 cups cooked Riceland Natural Brown Rice
- Salt, pepper and cayenne to taste
- 1 large egg

A colorful, tasty dish that is sure to please your family.

Preheat oven to 350 degrees.

Heat 2 tablespoons oil in a large skillet. Add onion and bell peppers. Cook over medium-low heat for 5 minutes.

Add garlic and ½ teaspoon paprika, and sauté for a few seconds. Add tomatoes and cook over medium-low heat, stirring often until vegetable mix thickens.

Remove from heat, add cooked rice and mix well. Season with salt, pepper and cayenne.

Beat egg with remaining paprika. Add enough water and reserved tomato juice to make ¼ cup. Add to egg and mix until well blended.

Lightly spray 2 quart baking dish with non-stick spray. Place rice mixture evenly over the bottom of the dish. Add egg mixture on top. Pour ½ cup water around the edge of casserole pan and bake 30 minutes or until top is lightly browned.
Cheesy Broccoli and Brown Rice

Amy, Payroll

things you need

2 bags Riceland Boil-in-Bag Whole Grain Brown Rice
½ stick butter
½ cup chopped onion
½ cup chopped celery
1 10-ounce package frozen chopped broccoli
1 10.5-ounce can cream of mushroom soup
1 10.5-ounce can cheddar cheese soup
Salt and pepper to taste
1 cup shredded cheese

The classic casserole full of cheesy whole grain brown rice. What’s not to love?

Preheat the oven to 350 degrees. Spray glass casserole dish with cooking spray; set aside.

Cook rice as directed on box. Melt butter in skillet over medium high heat. Add onion and celery; sauté for 5 minutes. Add broccoli, reduce heat and stir until heated through.

In a large bowl, combine cooked rice, vegetables, soups and salt and pepper. Pour into the casserole dish. Sprinkle with shredded cheese.

Bake at 350 degrees for 15-20 minutes until heated through and cheese has melted.
Brown Rice and Mushroom Skillet

Creamy and hearty, this mushroom and brown rice skillet is a great side dish.

things you need

1 large onion, chopped
1 clove garlic, minced
2 cups of fresh mushrooms, sliced
½ stick butter
2 cups Riceland Natural Brown Rice, uncooked
1 teaspoon salt
1 teaspoon parsley
1 teaspoon onion powder
2 14.5-ounce cans of chicken broth
1 10.5-ounce can of cream of mushroom soup

In a skillet, sauté the onions, garlic and mushrooms in butter for about 10-15 minutes.

Add remaining ingredients, except the cream of mushroom soup, and bring to a rapid boil for 20 minutes. Then, decrease heat. Cover over low heat, stirring occasionally, until rice is tender and liquid is absorbed, about 15-20 minutes.

Add the cream of mushroom soup. Let stand covered for 10-20 minutes before serving.
Broccoli, Cheese and Brown Rice Casserole

Whole Grain Challenge

A popular rice dish for many Riceland families.

things you need

1 large onion, chopped
1 10-ounce package frozen chopped broccoli, thawed
1 cup shredded cheddar cheese
1 teaspoon salt
3 cups cooked Riceland Natural Brown Rice
1 10.5-ounce can of cream of mushroom soup
½ cup sour cream
½ teaspoon black pepper

Preheat oven to 400 degrees.

Lightly coat large skillet with cooking spray. Add onion and cook over medium heat until tender crisp, about 3 minutes.

Stir in broccoli, cheese, salt, cooked rice, cream of mushroom soup, sour cream and pepper. Mix well.

Lightly coat a 9x13 inch baking dish with cooking spray. Spoon mixture into baking dish, and bake for 35-40 minutes.

Note: White rice is commonly used. Using brown rice, however, was preferred by 52 percent of the Riceland Whole Grain Challenge participants.
sweets

Brown Rice Breakfast Bars

Autumn Rice Bake

Chocolate Brown Rice Cookies
Life is short. Eat dessert first.

Ernestine Ulmer
Brown Rice Breakfast Bars

things you need

½ cup Riceland Boil-in-Bag Brown Rice, cooked
1/3 cup peanut butter
1/3 cup unsweetened applesauce
¼ cup honey
1 egg
1 cup garbanzo bean flour
½ cup rolled oats
½ cup dried cranberries
¼ cup sweetened coconut flakes, chopped
2 tablespoons sunflower seeds
2 tablespoon chia seeds
½ teaspoon baking powder
½ teaspoon ground cinnamon
Cooking spray

From allrecipes.com

Soft and chewy. Perfect for an on-the-go breakfast treat or a post-work out snack.

Preheat oven to 375 degrees. Coat an 8-inch pie pan with cooking spray.

Cook Riceland Boil-in-Bag Brown Rice according to package directions.

Stir peanut butter, applesauce, honey and egg together in a bowl; add rice, garbanzo bean flour, oats, dried cranberries, coconut, sunflower seeds, chia seeds, baking powder and ground cinnamon and stir until combined.

Spread dough evenly in prepared pie pan. Bake 20 minutes or until edges are golden brown.
Autumn Rice Bake

Karen, Member Services

From Easy Soups and Slow Cook Recipes

A slow cooker recipe full of fall flavors, but delicious all year round.

things you need

1 cup Riceland Natural Brown Rice, uncooked
1½ cups orange juice
1 apple, peeled, cored and chopped
1/3 cup dried cranberries
½ cup chopped pecans
2 tablespoons brown sugar
½ teaspoon ground cinnamon
½ teaspoon salt

Place rice, orange juice, apple, dried cranberries, pecans, brown sugar, cinnamon and salt in sprayed slow cooker.

Cover and cook on low 4-5 hours.
Chocolate Brown Rice Cookies

Preheat oven to 350 degrees.

In a medium bowl, beat the butter, egg, sugar and vanilla until light and fluffy.

In a small bowl, combine flour, cocoa, baking soda and salt. Add dry ingredients to the butter mixture, and stir until almost blended.

Add the rice, white chocolate chips and dried cranberries. Stir to combine.

Drop by spoonfuls onto a parchment-lined baking sheet. Bake for 12-14 minutes until set around the edges, but still soft in the middle.

Cool on the baking sheet for five minutes before transferring to a wire cooling rack.