

Wild Rice with Cranberries and Caramelized Onions

2 cups chicken broth
1/2 cup uncooked brown rice
1/2 cup uncooked wild rice
3 tbsp. butter or margarine
3 medium onions, cut into thin wedges
2 tsp. brown sugar
1 cup Craisins
1/2 tsp. grated orange peel

In a medium saucepan, combine chicken broth and rices. Bring to a boil over medium-high heat. Reduce heat to low. Cover and simmer 45 minutes or until rice is tender and liquid is absorbed. Meanwhile, melt butter in a medium skillet over medium-high heat. Add onions and brown sugar. Cook for 6 minutes or until liquid is absorbed and onions are soft. Reduce heat to low. Slowly cook onions, stirring often for 25 minutes or until they are caramel in color. Stir in sweetened dried cranberries. Cover and cook over low heat for 10 minutes or until cranberries swell. Gently fold cranberry mixture and orange peel into cooked rice. Yield: 4-6 servings.

Kathleen Nelson • Fort Benton

Glamour Mushroom Rice

1 small onion, chopped
1/4 cup margarine
1 6-oz. can mushrooms, stems and pieces
1 cup uncooked long grain rice
2 cups chicken bouillon
1/4 tsp. pepper

Sauté onion in melted margarine. Add mushrooms, rice, bouillon and pepper. Pour into greased 2-qt. Pyrex dish. Cover and bake approximately 30 minutes at 350°.

Karen Graham • Chester

Lee's Stew #2

1 1/2 lb lean ground meat (beef, venison, or lamb)
1 1/2 cups fresh chopped onion
1 tbsp. Fines Herbes
2 tbsp. Oregano
1/2 tsp each salt and pepper
1 bay leaf
2 cups Quick Brown Rice
1 lb. bag frozen corn
1 lb. bag frozen broccoli-cauliflower/carrots mixed vegetables
6 cups water
Crisco (optional)

Brown ground meat in large pot (add Crisco if needed). Cover with 6 cups water; add chopped onion; bring to a boil. Add brown rice and all spices; simmer 15 minutes. Add frozen broccoli-cauliflower-carrots mixed vegetables; simmer 15 minutes. Add frozen corn; simmer 10 minutes. Makes approximately 4 quarts.

Lee Louise Vickers • Kalispell

Zatarain's Red Beans and Rice Plus

1 (8 oz.) box Zatarain's New Orleans Style Red Beans and Rice
1 tbsp. butter
2 medium or 1 very large green bell pepper
1 (14.5 oz.) can plain diced tomatoes, undrained
1/2 lb. chorizo, or if you like it less hot, 4 John Morrell German Brand Wieners, cut crosswise approximately 1/4 to 3/8 inches thick (optional)

Core, seed and dice peppers into approximately 1/4 inch pieces. Parboil in enough water to cover for 15-30 minutes depending on desired tenderness. Do not drain. Add all remaining ingredients, reducing water called for in package directions to 3 cups and complete preparation according to package directions. Serves 4. Without the sausage or wieners, this can serve as a vegan main dish, as margarine can be used or eliminated entirely.

Pat White • Victor