



Success[®] Oriented Recipes

Beef and Broccoli Stir-Fry



- 1 bag **SUCCESS[®]** white or brown rice
- 1 tablespoon vegetable oil
- 1/2 pound boneless beef cubes, cut into bite-size pieces
- 8 ounces fresh mushrooms, sliced
- 3 cups broccoli flowerettes
- 2 tablespoons ginger-flavored soy sauce
- 2 tablespoons lemon juice
- 2 teaspoons cornstarch
- 1 tablespoon chopped pimiento

Prepare rice according to package directions.

In a large skillet or wok, heat vegetable oil. Cook beef cubes until done. Add mushrooms and broccoli. Sauté with beef cubes for 10 minutes or until broccoli is tender crisp.

In a small bowl, combine soy sauce, lemon juice and cornstarch until smooth. Add this mixture to beef-vegetable mixture. Cook on medium heat until thickened. Fold in pimiento. Serve over hot cooked rice. Serves 4.

Chicken Fried Rice

- 1 bag **SUCCESS[®]** white or brown rice
- 3 tablespoons vegetable oil
- 2 cups cooked and diced chicken
- 1 cup sliced green onions
- 6 ounces mushrooms, sliced
- 3 tablespoons soy sauce
- 1/2 teaspoon sugar
- 1/4 teaspoon ginger



Prepare rice according to package directions.

In large heavy skillet or wok, heat oil. Sauté chicken, onions and mushrooms over high heat, stirring constantly for 5 minutes. Add remaining ingredients and stir 3 minutes longer until heated through. Serve over hot cooked rice. Serves 4.

Oriental Brown Rice Salad

- 1 bag **SUCCESS[®]** brown rice
- 1 package (10 ounces) frozen peas, prepared
- 2 cups bean sprouts
- 1/4 cup sliced green onions
- 1 pound chicken, cooked and cubed
- 1/2 cup sliced celery
- 1/4 cup sliced green pepper

Prepare rice according to package directions. Set aside to cool.

Mix all ingredients in a bowl.



Dressing

- 4 tablespoons sherry
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil
- 1/8 teaspoon ground ginger
- 1/4 cup vinegar
- 2 tablespoons corn oil
- 1-1/2 tablespoons Dijon mustard

Place all dressing ingredients in a covered container. Shake well. Pour over salad ingredients and marinate 30 minutes. Chill. Serves 4.

Shrimp and Chutney Stir-Fry

- 1 bag **SUCCESS[®]** white or brown rice
- vegetable cooking spray
- 3 carrots, sliced
- 1 medium bell pepper, cut in strips
- 1 tablespoon cornstarch
- 2 to 3 tablespoons soy sauce
- 1/4 cup chutney
- 1 pound cleaned, cooked shrimp (or any other cooked meat)
- 1 carton (8 ounces) plain yogurt
- 1/2 pound pea pods, blanched



Prepare rice according to package directions.

Spray large skillet or wok with vegetable spray. Add carrots and peppers. Stir-fry until tender. In a small bowl, mix cornstarch, soy sauce and chutney. Add to vegetables. Heat until thickened. Remove from heat. Stir in shrimp or other meat, yogurt and pea pods. Heat thoroughly on medium heat. Serve over hot cooked rice. Serves 4.

Chinese Chicken and Rice Salad

- 1 bag **SUCCESS[®]** white rice
- 1/4 cup soy sauce
- 2 teaspoons prepared mustard
- 1 tablespoon oil
- 2-1/2 cups cooked and cubed chicken
- 1/4 cup sliced green onions
- 1/2 cup sliced celery
- 1/4 cup chopped green pepper
- 2 hard-cooked eggs, chopped
- 3/4 cup light salad dressing
- 1 can (3 ounces) chow mein noodles



Prepare rice according to package directions. Set aside to cool.

Blend soy sauce, mustard and oil. Add chicken and toss to coat. Stir in rice, green onion, celery, green pepper, eggs and salad dressing. Chill. Top with chow mein noodles. Serves 4.

**Success
Rice**

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Fried Rice

- 1 bag **SUCCESS**® white rice
- 3 egg whites
- 2 tablespoons vegetable oil, divided
- 1 small onion, chopped
- 1/2 cup sliced green onions
- 1 clove garlic, minced
- 1 medium green bell pepper, diced
- 6 ounces mushrooms, sliced
- 1/4 pound ham, diced
- 1/4 cup roasted unsalted peanuts
- 2 tablespoons soy sauce

Prepare rice according to package directions.

In a small bowl, lightly beat egg whites.

Place wok or frying pan over medium heat, add 1 tablespoon of oil. When oil is hot, add egg whites, stirring until cooked. Remove from wok and set aside. Add remaining oil to wok; when oil is hot, add onions and garlic. Stir fry until onion is soft; add bell pepper, mushrooms, ham and peanuts. Stir fry until heated. Add rice and toss until heated. Add soy sauce. Serves 4.



Shrimp Stir Fry

- 1 bag **SUCCESS**® white rice
- vegetable cooking spray
- 3 medium carrots, sliced
- 1 medium yellow bell pepper, cut into strips
- 3/4 pound cleaned shrimp (or any other cooked meat)
- 1 tablespoon cornstarch
- 2 tablespoons light soy sauce
- 1/2 pound pea pods, blanched
- 3/4 cup plain non-fat yogurt

Prepare rice according to package directions.

Spray large skillet or wok with vegetable cooking spray. Sauté carrots, bell pepper and shrimp over high heat, stirring frequently (about 7 minutes) until shrimp are pink.

Combine cornstarch and soy sauce in a small bowl. Add to vegetable mixture; cook and stir until sauce is thickened. Reduce heat to low; add pea pods and yogurt. Heat for about 5 minutes. Serve over hot cooked rice. Serves 4.



Oriental Vegetables and Rice

- 1 bag **SUCCESS**® white rice
- 2 teaspoons sesame oil
- 1 teaspoon vegetable oil
- 1 tablespoon fresh minced ginger
- 1 package (16 ounces) frozen broccoli, red sweet peppers, bamboo shoots, and straw mushrooms
- 1 Tablespoon soy sauce

Prepare rice according to package directions.

Heat oils in large skillet over medium-high heat. Add ginger and vegetables; stir-fry several minutes. Add rice and 1 tablespoon soy sauce; cook and stir until rice is heated, gently separating grains. Serve with additional soy sauce, if desired. Serves 4.



Chicken Cantonese (Microwave)

- 1 bag **SUCCESS**® white rice
- 1 pound skinned and boned chicken breasts, cut in 1-1/2 inch pieces
- 2 tablespoons vegetable oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 1 large onion, sliced and quartered
- 1 large green bell pepper, cut in thin strips
- 1 cup sliced celery
- 3/4 cup chicken broth
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 2 large fresh tomatoes, cut in wedges

Prepare rice according to package directions.

Place chicken pieces in oil in shallow 2-quart microwave-safe baking dish. Cover with waxed paper and cook on HIGH (maximum power) 3 minutes. Sprinkle with paprika, garlic salt and pepper. Add onion, peppers, celery and broth. Cover and cook on HIGH 4 to 5 minutes. Blend cornstarch and soy sauce. Stir into chicken mixture. Cover and cook on HIGH 2 to 3 minutes. Add tomatoes; stir. Cook on HIGH 3 minutes longer, or until sauce thickens. Let stand 5 minutes. Serve over hot cooked rice. Serve with additional soy sauce, if desired. Serves 4.

