

Nutri-Plenty Recipes



Classic Rice Casserole

- 1 Nutri-Plenty packet
- 6 cups of water

Tex Mex

- 1 Nutri-Plenty packet
- 6 cups of water
- 1 can diced tomatoes
- 1/2 to 1 tsp. garlic powder
- 1/2 diced zucchini
- 1 diced green pepper

Tuna and Rice

- 1 Nutri-Plenty packet
- 6 cups of water
- 1 can cheddar cheese soup
- 1 can tuna

Chicken and Rice

- 1 Nutri-Plenty packet
- 6 cups of 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
- Add salsa 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.