

# FOOD SECTION

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Section II

## Rice: The miracle food



COUNTRY SMOTHERED CHICKEN

It's eaten by more people in the world than any other food. It's economical. It's easily digestible and 100 percent edible. It's low in fat, cholesterol and sodium and is high in energy. It's eaten at any time of the day. It's convenient. It needs no peeling, scraping or washing. It's

ready to cook in a hurry and ready to eat just as quickly.

A miracle food, you say. Indeed not. It's rice—a staple common to people all over the world from Japan to Italy to the U.S. According to American Food Preferences, a 1982 study shows the consumption of rice

has steadily grown. It's the only food in the carbohydrate group that is increasing in consumption. Some 7 million metric tons of rice were produced in 1982, which converts to an annual consumption per person of 10.3 pounds of rice, according to the most recent figures from the Rice Council of America.

Rice is nutritious. A half-cup serving provides 82 calories, and enriched rice is a good source of the B-complex vitamins including niacin and thiamine and sometimes riboflavin.

From appetizers to desserts, rice is unsurpassed as a food for its versatility and economy. Rice can easily stretch a pound of meat from four servings to six.

The following three family favorites demonstrate how to conveniently and economically combine rice, meat or poultry and condensed soups to make four or six hearty main dish servings.

•Everybody loves chicken and here's a skillet chicken that's special enough for Sundays, but easy enough to fix during the week—Country Smothered Chicken. Browned chicken is combined with rich condensed Cream of Chicken Soup, sliced mushrooms, onion, garlic, and the dish is nicely seasoned with bay leaf and thyme leaves which makes the flavorful sauce. Served on a bed of rice, this hearty chicken with gravy entree will please every chicken lover.

•New Orleans Stuffed Peppers has a heady filling of rice, ground beef, onion, condensed tomato soup spiked with Worcestershire and cayenne pepper. The condensed soup adds a rich, tomato flavor and acts as a binder for the rice and ground beef.

•Calico Tuna Casserole is ready in less than 30 minutes thanks to some great tasting convenience foods—condensed Cream of Celery Soup, tuna, extra long grain rice and cooked peas. Rich and satisfying, this family favorite bakes up to a bubbling golden brown.

### COUNTRY SMOTHERED CHICKEN

4 slices bacon  
2½- to 3-pound broiler-fryer, cut up  
1 can (10¼ oz.) condensed Cream of Chicken Soup  
1 can (about 4 oz.) sliced mushrooms, drained  
1 medium onion, sliced  
1 large clove garlic, minced  
1 medium bay leaf  
¼ teaspoon thyme leaves, crushed  
3 cups cooked rice

In 10-inch skillet over medium heat, cook bacon until crisp. With slotted spoon, remove bacon to paper towel to drain. Crumble bacon. In drippings, cook chicken until browned on all sides. Stir in soup, mushrooms, onion, garlic, bay leaf and thyme. Reduce heat to low; cover. Simmer 45 minutes or until chicken is fork-tender, stirring occasionally. Discard bay leaf. Serve with rice; garnish with bacon. Makes 6 servings.

### NEW ORLEANS STUFFED PEPPERS

4 medium green peppers  
1 pound ground beef  
½ cup chopped onion  
1 can (10¼ oz.) condensed Tomato Soup  
1 cup cooked rice  
2 teaspoons Worcestershire Sauce  
¼ teaspoon cayenne pepper  
2 slices (about 2 oz.) mild process cheese, cut in strips.

With sharp knife cut thin slice from top of each green pepper; remove stem and seeds. In 3-quart saucepan over medium heat, in 1-inch boiling water, heat green peppers to boiling. Reduce heat to low; cover. Simmer 5 minutes or until green peppers are tender-crisp. Drain.

In 1½-quart casserole, arrange green peppers.

In 10-inch skillet over medium heat, cook beef and onion until beef is browned and onion is tender. Stir to separate meat. Spoon off fat. Stir in 1 cup soup, rice, Worcestershire and pepper. Spoon meat mixture into green peppers.

Bake at 400°F. for 20 minutes or

until hot. Top with remaining soup and cheese. Bake 5 minutes more or until cheese is melted. Makes 4 servings.

### CALICO TUNA CASSEROLE

1 can (10¼ oz.) condensed Cream

of Celery or Mushroom Soup  
½ cup milk  
2 cans (about 7 oz. each) tuna, drained and flaked  
1½ cups cooked rice  
1 cup cooked peas  
1 hard-cooked egg, sliced

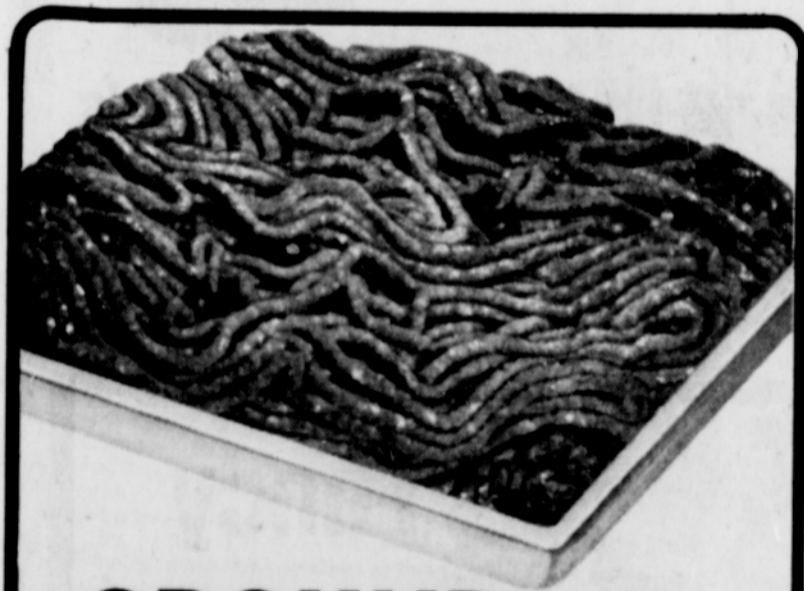
In large bowl, blend soup and milk; gently stir in tuna, rice and peas. Pour mixture into 10×6-inch baking dish. Bake at 400°F. for 20 minutes or until hot and bubbly; stir. Garnish with sliced egg. Makes 3½ cups or 4 servings.

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—Geoffrey Holder



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