

## **Risotto with Brown Rice, Chicken, and Spinach – EmergencyFoodSupply.org**

Some recipes are meant to be eaten fresh right from the oven, while others are great to put away, already to go for later or the next day. This recipe is one that can go either direction, eaten fresh or refrigerated for later, depending on your need. We often use casserole recipes for times when we know we are going to be busy and have little time to cook the next day. Mixing them ahead and sticking them in the fridge makes the next day's preparations a lot less hectic and more relaxing for the family.

Our THRIVE Risotto with Brown Rice, Chicken, and Spinach is one of those easy to toss together, and great to stick in a covered dish away for later. After a long day at work or running errands, just pop it in the oven for about 30 minutes at about 425 degrees F and you have a great dish to toss on the table with a fresh salad or even some garlic dinner rolls.

Risotto with Brown Rice, Chicken, and Spinach

1 1/2 Cups THRIVE Instant Brown Rice

2-3 Cups water

2 1/2 tsp THRIVE Vegetarian Chicken Bouillon

Bring rice to a boil, reduce heat to simmer and allow rice to cook, thoroughly, while you prepare the rest of the ingredients. Stir occasionally to prevent burning.

3/4 Cup THRIVE Parmesan Cheese, rehydrated (additional for sprinkling on the top or for serving)

3/4 Cup THRIVE Mozzarella Cheese, rehydrated

1 1/2 Cups THRIVE Freeze Dried Spinach + 1/2 Cup water, mixed gently in a bowl

1/2 - 1 Cup THRIVE Freeze Dried Onion + 1/6-1/3 Cup water, mix in medium bowl

1/2 Cup THRIVE Green Onions + 1/8 Cup water, mix in small bowl

1 1/2 Cups of THRIVE Chicken Chunks + 3/4 to 1 Cup water, mix in a medium bowl

1 Lemon, Cut into thin slices (Optional)

3 Tbsp butter or olive oil

5 cloves Garlic, chopped

1/4 Cup fresh parsley, chopped, or 1 1/2 Tbsp dry Parsley

1/2 Cup Dry White Wine (may also use grape juice) Optional

2 Tbsp Lemon Juice

Additional 3 Tbsp Butter, melted

Salt and Pepper to taste

Cook Rice in water with THRIVE Bouillon until soft. Set aside, covered.

Rehydrate the onions, scallions, and spinach each in a separate bowl with their appropriate water. Next, rehydrate chicken in the 3/4 to 1 Cup of water for approx. 10 minutes. While that is rehydrating, place the first 3 Tbsp Butter or Olive Oil in a large fry pan and heat on medium high heat. Add the garlic, rehydrated onions, scallions, and lemons. Saute lightly, then add the spinach and parsley and saute just until heated through. Reduce heat and add the rice, and chicken to the spinach mix, and mix through, gently. Pour Parmesan cheese, lemon juice and melted butter into the pot and stir thoroughly, to mix. Season with salt and pepper, if desired. Serve immediately.

NOTE: This recipe is great for Shabbat - make it on Prep day and place it in a 9 inch round pie plate or 8-9 inch baking square dish, sprinkle with additional Parmesan cheese and cover. Reheat, covered, for approx. 25-35 minutes in a 425 oven the next day! You may need to drizzle about 1/3-1/2 cup of water over the rice before baking to ensure it does not dry out in the oven.

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