

Cajun Dirty Rice Mix Serves 4.

Bring 2 cups of water to a boil in a large saucepan. When water is boiling, add the contents of the jar. Stir.
Reduce heat to low. Cover pan with a lid.
Simmer for 30 minutes or until rice is cooked.
Add chopped vegetables for a complete meal.

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Ingredients:

Brown rice
Basmati rice
Paprika
Garlic salt
Oregano
Thyme
Vegetable stock

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Thyme
Vegetable stock

Noodle Soup Serves 4.

ADD: 1 tin diced tomatoes + 8 cups water
Place tomatoes and water in soup pan and bring to a boil. Add the contents of the jar and simmer for about 15 minutes or until pasta is cooked.
Enjoy with a salad and crusty rolls.

Noodle Soup Serves 4.

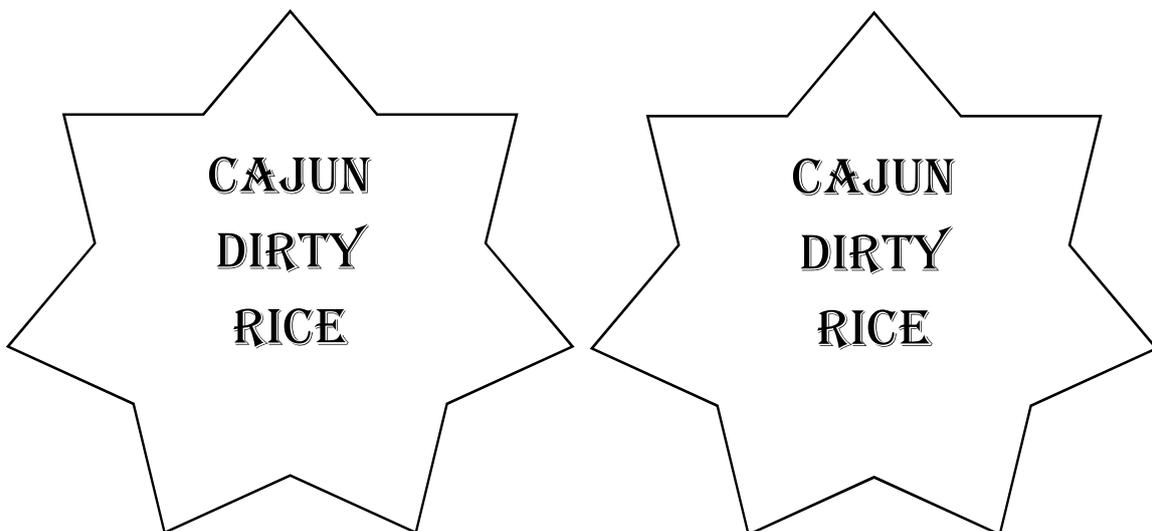
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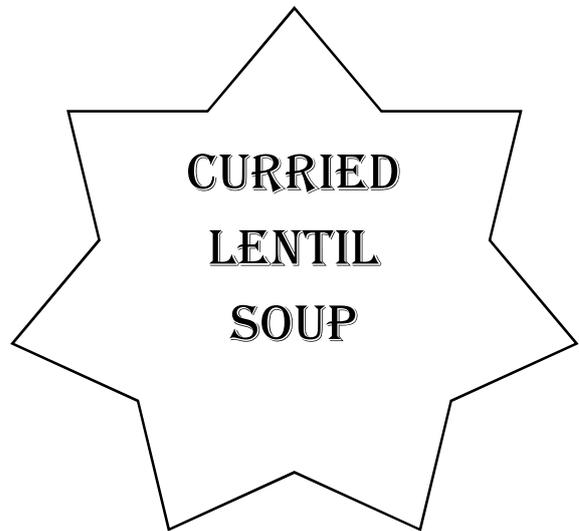
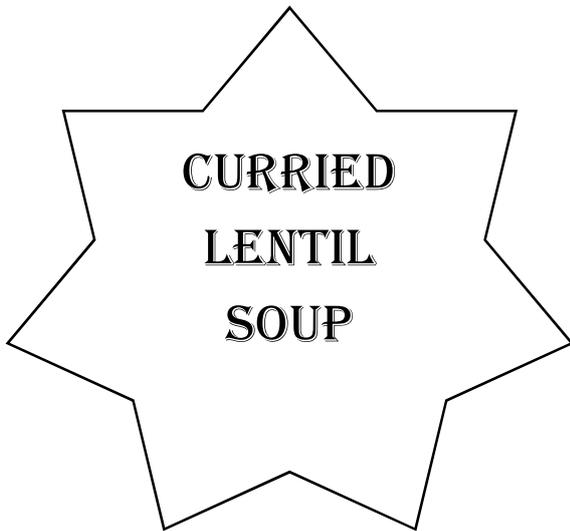
Ingredients:

Parsley
Dried onions
Garlic salt
Chicken stock
Basil
Dinosaur pasta shapes

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Curried Lentil Soup Serves 4
Bring 6 cups of water to the boil.
Add contents of jar and simmer for
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Ingredients:
Green split peas
Curry powder
Dried onions
Garlic salt
Parsley
Salt
Red lentils
Dried apple

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