



# Long Grain White Rice

## Cereals & Grains

Cereals and Grains are staples in all diets. Enjoy our large variety of grains, cereals, pastas, and rice.

## Long Grain White Rice

Augason Farms Long Grain White Rice is the perfect fluffy white rice to eat alone or add to casseroles or soups.

## Red Beans & Garlic Rice

- 1 pound Augason Farms Dark Red Kidney Beans
- 3 tablespoons vegetable oil
- 4 garlic cloves
- 3/4 cup sun-dried tomato, chopped
- 1 small onion, chopped
- 1/2 teaspoon sweet paprika
- 1/8 teaspoon ground red pepper (cayenne)
- 1 1/2 cups Augason Farms Long Grain White Rice
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

In large bowl, place beans and enough water to cover by 2" and soak for 8 hours. Drain beans; transfer to 7-quart saucepot. Add enough water to cover by 2", heat to a boil. Reduce heat to medium-low; simmer 1 1/2 to 2 hours or until beans are tender. Set sieve over large bowl. Into sieve, drain beans; reserve liquid. In same saucepot, heat oil on medium-high. Add 2 cloves garlic and cook 3 minutes; finely chop remaining garlic and reserve. To saucepot, add sun-dried tomatoes, onion, paprika, ground red pepper, and beans. Cook 3 minutes, stirring gently. Add 4 cups reserved liquid and chopped garlic, heat to boiling. Stir rice into bean mixture. Cover and cook on low 25-30 minutes or until rice is cooked thoroughly, stirring occasionally. Season with salt and pepper.

## DIRECTIONS:

Makes 6 to 8 servings:

1. Add 1 cup of rice to 2 cups of cold water.
2. Add 1/2 teaspoon of salt and 1 tablespoon of butter or margarine.
3. Bring to a boil. Cover tightly and cook on low heat 15-20 minutes, or until done (without removing the cover).
4. Fluff with fork before serving.

**INGREDIENTS:** Long grain white rice.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

## Pilaf Medley

- 2 cups Augason Farms Long Grain White Rice
- 1 green bell pepper, seeded and thinly sliced
- 2 cups water
- 3 onions, peeled and thinly sliced
- 1 (17 ounce) can corn
- 2 carrots, peeled and cut into 1" long thin strips
- 1 jalapeno pepper, seeded and thinly sliced
- 2 tablespoons light vegetable oil
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon salt
- 2 cinnamon sticks
- 1/4 teaspoon ground turmeric
- 3 cloves garlic, peeled and minced
- 2 tablespoons cashews, chopped

Begin by cooking the rice following normal method. Set aside. Boil water in a small saucepan. Add corn, carrots and cook for 8-10 minutes until tender. Drain and set aside. In a heavy non-stick pan heat the oil. Add the turmeric, jalapeno peppers, bell peppers, onions, cashew nuts, onions, garlic cloves and cinnamon sticks. Sauté until the onions soften. Add the cooked vegetables and salt, sauté for 3 minutes. Add the cooked rice and mix. Garnish with cilantro and serve hot. Serves 4.

## Nutrition Facts

Serving Size 1/4 cup (47g)  
Servings Per Container 47

| Amount Per Serving            |                     |
|-------------------------------|---------------------|
| <b>Calories</b> 170           | Calories from Fat 0 |
| <b>% Daily Value*</b>         |                     |
| <b>Total Fat</b> 0g           | <b>0%</b>           |
| Saturated Fat 0g              | <b>0%</b>           |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 0mg        | <b>0%</b>           |
| <b>Sodium</b> 0mg             | <b>0%</b>           |
| <b>Total Carbohydrate</b> 37g | <b>12%</b>          |
| Dietary Fiber 0g              | <b>0%</b>           |
| Sugars 0g                     |                     |
| <b>Protein</b> 3g             |                     |

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000  | 2,500  |
|--------------------|-----------|--------|--------|
| Total Fat          | Less than | 65g    | 80g    |
| Sat Fat            | Less than | 20g    | 25g    |
| Cholesterol        | Less than | 300mg  | 300mg  |
| Sodium             | Less than | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375g   |
| Dietary Fiber      |           | 25g    | 30g    |

Calories per gram: Fat 9 Carbs 4 Protein 4

30034-0911

**47 SERVINGS**  
**NET WT. 4 LBS 14.0 OZ (2.21 kg)**