

Make dinner easier this week! Try a Free Week of Weelicious Menus

Rice Cooker Mac & Cheese (Serves 4-6)

Prep Time: 5 mins. Cook Time: 35 mins. Rating:

Serves 4

Ingredients

- ~~2 cups~~ ^{500g} pasta (I used macaroni, but you could also use rotini, faralle or bite size pasta)
- ~~1 1/2 cups~~ ^{veg} chicken stock (use low sodium stock)
- 1 teaspoon salt
- 1 cup whole milk
- ~~1 1/2 cups~~ ^{125g} shredded cheese (I use a 3 cheese blend of cheddar, mozzarella and monterey jack)

Preparation

1. Place the first 3 ingredients in the rice cooker and cook for 15 minutes.
 2. Open the lid, add the milk and cheese, stir to combine, close the lid and cook for an additional 20 minutes (25 minutes if you want it to have a crust on the bottom).
*Rice cookers can cook at different heats, so make sure to check the mac & cheese after if cooks for 30 minutes once or twice.
 3. Serve.
- * Option: You can also add a cup of finely chopped broccoli, cauliflower, carrots, butternut squash or frozen peas. Do so in step #2.

Serving Size Servings per Recipe Serves 4-6

AMOUNT PER SERVING:

Total Calories 260 Total Fat 7g Cholesterol 20mg Sodium 670mg Total Carbohydrates 36g Dietary Fiber 1g Sugars 5g Protein 12g

cals - 623
 fat - 14.6
 pro - 25.6
 carb - 95.8



Spanish Chorizo & Shrimp Paella

The classic Spanish dish, made conveniently in your rice cooker.

Yield: Serves **4**

Ingredients

- 1 1/2 cups Mahatma® or Carolina® White Rice
- 2 tblsp extra-virgin olive oil
- 1 medium white onion, peeled and chopped
- 3 cloves garlic, peeled and minced
- 2 tblsp fresh Italian parsley, minced
- pinch of saffron
- ~~1 lb pork chorizo, sliced~~ **2x chorizo sausages**
- 1 8-oz can tomato sauce **passata.**
- 1/2 tsp sugar
- 3 cups low-sodium chicken broth
- 1/2 tsp freshly ground black pepper
- ~~1 lb medium raw shrimp, cleaned, unpeeled and with tails on~~ **300g shrimp no tails (little prawns).**
- 1 green bell pepper, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced

Close the lid and press Steam/Cook to preheat rice cooker for approximately 10 minutes. Add oil, onion, garlic and parsley to the inner pot and sauté until onion gets soft, approximately 5 minutes. Add the saffron and the chorizo and continue sautéing for 3 minutes. Stir in the rice.

Add the tomato sauce, sugar, chicken broth and black pepper and stir well. Close the lid and cook for 15 minutes.

Place the shrimp and bell peppers onto the Steam Tray. Carefully open the lid and place the Steam Tray in the cooker. Continue cooking until the rice is tender, about 15 minutes. Turn off the rice cooker and let the stand for 10 minutes. Spoon the chorizo and rice onto a platter and top with the shrimp and bell peppers.

Cals - 572
 fat - 19
 pro - 29.9
 carb - 68.4



Southwestern Paella with Cilantro Cream

Adapted from a traditional paella, but with a southwestern twist!

Prep: 10 min Total: 35 min Yield: 4

Ingredients

- spray cooking oil
- 2 cups rice
- 4 cups chicken stock
- 1 clove garlic, minced
- 2 chipotle chillies, in adobo sauce, minced
- ~~2 Tablespoons adobo sauce (from above)~~
- 1 teaspoon smoked paprika
- 2 cups cooked pork, cubed ~~none~~
- 1 medium onion, peeled and sliced thin
- 1 red pepper, cored and sliced into strips
- 1 cup sour cream
- ~~2 Tablespoons fresh cilantro, chopped~~
- ~~2 Tablespoons toasted pine nuts~~

Spray rice cooker insert with cooking spray. Add rice, stock, garlic, chipotle chillies, adobo sauce and paprika. Stir to combine. Add pork, onions and peppers, on top of rice mixture. Cover and cook. Meanwhile, combine sour cream and cilantro in small bowl. When cooker has dinged, remove insert from cooker and transfer rice and pork to platter. Top with cilantro cream and toasted pine nuts.

cal's - 691
fat - 23.2
pro - 33.7
carb - 85



Risotto with Stuffed Italian Chicken Breasts

serves 4

Ingredients

- 1/2 cup diced onion
- 3 garlic cloves, minced
- 2 cups Arborio rice
- 6 cups chicken stock
- 3-4 tblsp butter 80g
- 1 cup Parmesan cheese 80g
- 2 chicken breasts 500g
- 2 ounces mozzarella cheese 50g
- 1/2 medium tomato, diced
- 5-6 basil leaves, chopped

Preheat your rice on Sauté-The-Simmer for 3-5 minutes. Melt 1 tablespoon of butter in the inner pot and add the onions and garlic. Sauté until translucent.

Add in rice, stirring to completely cover in butter, adding more if needed. Add chicken stock and close the lid. The rice cooker will automatically switch to a simmer.

Toss together the mozzarella cheese, tomatoes and basil. Slice a pocket lengthwise into each chicken breast. Stuff the filling into each pocket, put in the Steam Tray and set inside the inner pot.

After 18 minutes have passed check the chicken for doneness and remove it from the rice cooker. Wrap in foil and set aside. When the cooking cycle ends stir the remaining 2 tablespoons of butter and the Parmesan cheese into the risotto.

carbs - 74.2
 pro - 47.5
 fat - 23.9
 calo - 80.8



Mushroom Risotto

A mouthwatering mushroom dish.

Prep: 12 min Total: 40 min

Ingredients

- 1/2 tblsp olive oil
- 1 cup sliced mushrooms, any type 150g
- 2 cups Arborio rice
- 1/2 onion, diced
- 2 garlic cloves, crushed
- 1 cup white wine
- 3 cups chicken stock
- 2 tblsp butter
- 1/2 cup heavy cream ~~150ml~~ 125ml light cream.
- 1/2 cup shredded Parmesan cheese 80g
- 1/4 cup Italian parsley, chopped
- salt and pepper

Press Sauté-Then-Simmer™ and add olive oil, garlic, mushrooms and onion. Sauté until onions are soft, about 8 minutes.

Stir in rice. Add wine and cook until mostly absorbed. Add chicken stock and close the lid.

When the rice cooker beeps, add cream, Parmesan cheese, butter, and parsley. Stir to combine. Add salt and pepper to taste.

Cal - 668
 fat - 23.9
 PRO - 18.4
 Carb - 81



Loaded Quinoa

SERVES 4

Ingredients

- 2 cups quinoa, rinsed
 - 4 cups water
 - 4 slices bacon, diced
 - 1 cup cheddar cheese, grated
 - 1 cup sour cream *light.*
 - 1/2 cup green onions
 - optional: extra cheese and sour cream for serving
- 100g coles tasty*

Preheat your rice cooker on Sauté-Then-Simmer™. Add bacon and sauté until crispy.

Stir in quinoa until each grain is coated with the bacon grease. Add water and shut the lid.

When your rice cooker beeps, stir in the cheese and sour cream. Serve with green onion and extra cheese and sour cream, if desired.

Cal - 616.
fat - 31.1
PRO - 27.4
carb - 57.1.



Asian Steamed Buns

Bring the dim sum restaurant home!

Prep: 240 min (4 hrs) Total: 4 hrs. 45 min

Ingredients

For the dough:

- 1 tblsp yeast
- 1 tsp sugar
- 1/4 cup flour
- 1/2 cup milk
- 2 cups flour
- 1/2 tsp salt
- 1 tblsp oil
- 1/2 tsp baking powder

For the filling:

Anything you like, have fun with it!

Mix together the yeast, sugar and flour and allow to sit for 30 minutes.

Add in all remaining dough ingredients, except the baking powder, adjusting the amount of flour to achieve an elastic dough after kneading it for about 10 minutes. Cover with plastic wrap and let rise in a warm draft free area for 3-4 hrs.

Remove dough from the bowl, sprinkle with baking powder, and re-knead a few more minutes until incorporated. Form dough into a long log and divide into 12 parts. Shape each piece into a ball and let sit while you set up your rice cooker.

Add water to the inner pot up to fill line 3. Cover the Steam Tray with foil or baking paper, leaving a few of the steam holes uncovered on each side, so the steam can circulate while cooking.

Roll each ball into a thin flat circle leaving more dough in the center of each circle to be able to achieve the traditional folds in the finished product. Place a tablespoon of filling in the center of each circle and start pulling up the sides, twisting as you stretch the dough. Finish each bun by twisting the top to make sure it is properly sealed, ensuring no filling will escape during the steaming process.

Place in Steam Tray and allow to steam for 20 minutes for filled buns or 15 minutes for unfilled.

serves 4

cals - 382
 fat - 6.5
 pro - 11.8
 carb - 66.1

serve w/ mince
 +200 cals.



Bacon Almond Rice Pilaf

A great side dish with fish, chicken or steak. With amazing flavor & easy to prepare! One of my family's favorites!

Prep: 10 min Total: 30 min Yield: 4

Ingredients

- 1- 1 lb. package of bacon slices
- 2 cups of Thai Rice
- 4 cups chicken Broth
- 1 medium onion, diced
- 2 Tbs. Soy Sauce
- 1/2 cup slivered almonds

Dice onion & place inside of the rice cooker. Add Chicken broth & set to cook.

Cut bacon into 1 1/2" pieces. In a saute pan, cook the bacon until browned.

Once bacon is cooked, drain off some of the fat leaving only about 2 Tbs. in the pan with the bacon.

Then add the rice to the bacon & stir until lightly golden. Stir in the soy sauce until rice is coated.

Then pour all of the rice & bacon mixture into the Aroma Rice Cooker.

Stir completely, toss in the almonds & cover.

Rice cooker will indicate when it's done! (approx. 20 minutes).

Fluff up with fork & serve.

cal - 591
fat - 18.6
pro - 19.1
carb - 85.3.



Classic Ham and Pea Soup

Ingredients

- 2 cups cooked ham, diced ^{400g}
- 1 leftover ham bone ^{optional.}
- 4 tbslp olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 cups dry green split peas, rinsed
- 6 cups chicken or vegetable stock
- 1/2 tsp red pepper flakes
- 1 tbslp salt
- 1 tbslp black pepper

Set your rice cooker to Sauté-Then-Simmer™, brown ham and set aside. Heat olive oil and sauté onions and garlic for 15 minutes.

Add ham bone, split peas, broth and spices. Cover and let simmer for 45 minutes or until peas are tender. Purée soup and add ham before serving.

calS - 478
fat - 8.9
PRO - 40.7
carb - 47.3