



**Emergency
Essentials®**

Provident Pantry®

Recipe

Dinner

Chinese Dinner Casserole

Ingredients

- 2/3 Cup White Rice†
- 1 1/3 Cup Water
- 1/2 Cup Chopped FD Onion*‡
- 2 Tbsp Cooking Oil
- 1 Can Cream of Chicken Soup
- 1/4 Cup Soy Sauce
- 1 Tsp Sugar‡
- 3 Cup FD Chicken*‡ or FD Turkey*‡
- 2 Cup FD Zucchini*‡
- 1 (16 oz) Can Fancy Mixed Chinese Vegetables, Drained
- 1 Cup Deh Carrot*‡
- 1/2 Tsp Ground Ginger
- 1/2 Tsp Dry Mustard Soy Sauce

*Reconstitute before using
FD: Freeze-Dried
Deh: Dehydrated

Preparation

1. Cook rice with 1 1/3 cup water according to rice directions; Drain.
2. In large saucepan cook onion until crisp-tender.
3. Add soup, 1/4 cup soy sauce and sugar. Bring mixture to a boil.
4. Stir in chicken or turkey, zucchini, cooked rice, chinese vegetables, carrots, ginger and dry mustard.
5. Cool quickly.
6. Turn mixture into a 2-qt freezer to oven baking dish.
7. Cover tightly, seal, label and freeze.
8. To serve, bake frozen casserole, covered at 400°F for 1 hour.
9. Uncover, stir casserole and bake 30 more minutes.

‡ All Freeze Dried and Dehydrated products can be purchased at beprepared.com or call 1-800-999-1863