



Kids

Coalition Against Hunger

recipes

ONE POT MEAL

for the  
meal  
packet

# Ingredients

## Vitamin-fortified, crushed soy



Very high protein content (52%) 1 lb. of soy is the equivalent of 3 lbs. of red meat Fortification provides nine additional, essential vitamins

## Dehydrated vegetable blend

Blend of 6 dehydrated vegetables



## Chicken flavored vitamin powder

Blend of 6 dehydrated vegetables

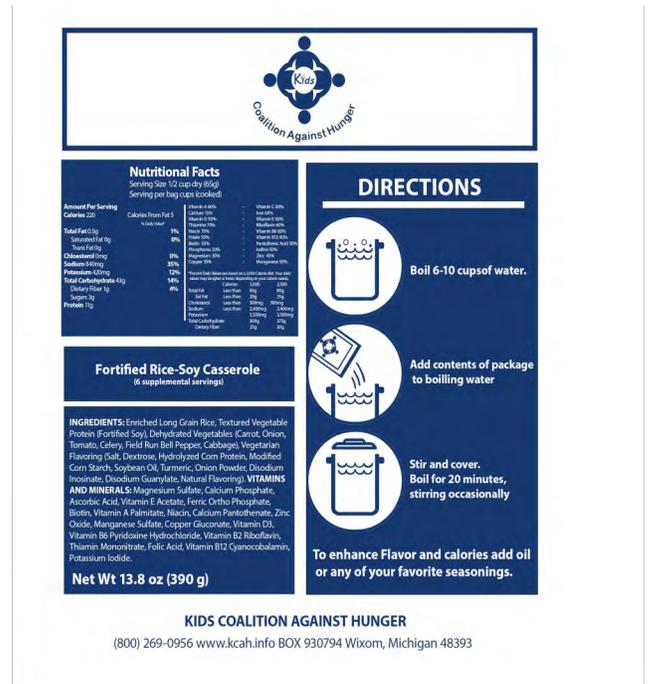
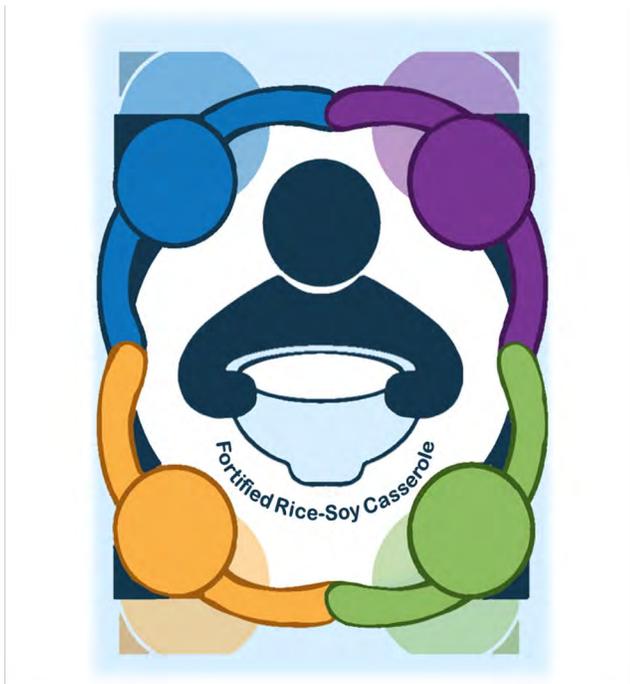


## White Long Stem Rice



Widely recognized as a food staple in most countries of the world  
Fills the stomach  
Has a long shelf life

# Our product



Each bag of our food delivers six highly nutritious adult meal servings, The ingredients were developed by food scientists to provide a rich source of easily digestible protein, carbohydrates, and vitamins needed by an undernourished child's body and mind. The food is also acceptable to the broad diversity of ethnic tastes and religious differences around the world. The food offers all nine of the essential amino acids required for complete nutrition, something that can't be said about other typical food relief sources such as rice or beans alone. It is also very simple to prepare, requiring only six cups of boiling water to make a complete meal. When you dig into a Fortified Rice-Soy Casserole, you're opening up a treasure chest of essential nutrients that can bolster your health in more ways than one. Let's break it down and see why this meal packs such a powerful punch.

## The Health Benefits

### Vitamins and Minerals Galore

#### OLYMPUS DIGITAL CAMERA

Vitamin A (60%): Essential for eye health, immune function, and skin maintenance. This antioxidant vitamin also plays a critical role in reducing inflammation.

Vitamin C (60%): Boosts your immune system, aids in collagen production for healthy skin, and enhances iron absorption. It's like your body's natural defender.

Calcium (15%): Strengthens bones and teeth, supports muscle function, and plays a role in nerve signaling. Though it's not a massive amount, every bit counts towards your daily intake.

Iron (60%): Vital for oxygen transport in the blood and energy production. High iron content makes this casserole an excellent option for preventing anemia.

Vitamin D (50%): Crucial for bone health by facilitating calcium absorption, and it also supports immune function.

Vitamin E (50%): Acts as a powerful antioxidant, protecting cells from damage, and supports skin health.

B Vitamins (Thiamin, Riboflavin, Niacin, B6, Folate, B12, Biotin, Pantothenic Acid): These vitamins are the unsung heroes behind energy production, brain function, and DNA synthesis.

They help your body convert food into energy efficiently.

Minerals (Phosphorus, Iodine, Magnesium, Zinc, Copper, Manganese): Each of these minerals plays a unique role in maintaining bodily functions from bone health and thyroid function to immune support and antioxidant defenses.

## The Cautions

### High Sodium Content

While the nutritional profile of the Fortified Rice-Soy Casserole is impressive, the sodium content stands out like a sore thumb. **At 840mg per serving, that's 35% of your recommended daily intake.** Consuming high levels of sodium can be detrimental, especially if you have certain health conditions.

### Conditions to Watch Out For

#### Hypertension (High Blood Pressure)

The high sodium content can contribute to elevated blood pressure, which in turn increases the risk of heart disease and stroke. If you have hypertension, you should consume this casserole sparingly and balance it with low-sodium foods throughout the day.

#### Chronic Kidney Disease (CKD)

For individuals with CKD, managing sodium intake is crucial **because the kidneys' ability to filter sodium from the blood is compromised.** High sodium levels can lead to fluid retention, swelling, and increased blood pressure.

#### Heart Disease

Heart disease patients often need to follow a low-sodium diet to prevent fluid buildup and strain on the heart. This casserole, while nutritious, should be part of a carefully monitored diet for those with heart conditions.

#### Diabetes

People with diabetes need to be cautious about their carbohydrate intake and overall nutrition. The high sodium content can exacerbate hypertension, a common comorbidity in diabetics.

## Balancing the Benefits and Risks

To make the most of the Fortified Rice-Soy Casserole, consider these tips:

**Pair it with Fresh Vegetables:** Add a mix of low-sodium, high-fiber vegetables to increase the meal's volume without significantly adding to the sodium content.

**Monitor Portion Sizes:** Stick to the serving size to manage your sodium intake effectively.

**Hydrate Well:** Drink plenty of water to help your body manage the sodium load.

**Complement with Low-Sodium Meals:** Balance your day with other meals that are low in sodium to avoid exceeding your daily limit.

In conclusion, the Fortified Rice-Soy Casserole is a nutrient-dense option that offers a broad spectrum of vitamins and minerals, crucial for maintaining overall health. However, its

high sodium content necessitates mindful consumption, particularly for those with hypertension, CKD, heart disease, or diabetes. Enjoy it wisely and pair it with fresh, low-sodium foods to strike a balance that suits your dietary needs.



## 1. Classic Soy-Rice Casserole

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1 can cream of mushroom soup
- 1 cup shredded cheese

Combine all ingredients, bake at 350°F for 25-30 minutes.

## 2. Vegetable Soy-Rice Casserole

- Fortified Soy-Rice Casserole pack
- 1 can diced tomatoes
- 1 can green beans
- 1 cup corn
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 3. Soy-Rice and Bean Bake

- Fortified Soy-Rice Casserole pack
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes
- 1 tsp chili powder
- 1 cup shredded cheese

Combine ingredients, bake at 350°F for 30 minutes.

## 4. Soy-Rice Stuffed Peppers

- Fortified Soy-Rice Casserole pack
- 4 bell peppers
- 1 can diced tomatoes
- 1 cup black beans
- 1 cup shredded cheese

Stuff peppers with mixture, bake at 375°F for 30 minutes.

## 5. Cheesy Soy-Rice Casserole

- Fortified Soy-Rice Casserole pack
- 1 can cream of chicken soup
- 1 can mixed vegetables
- 2 cups shredded cheese

Mix all ingredients, bake at 350°F for 25-30 minutes.

## 6. Soy-Rice and Tuna Casserole

- Fortified Soy-Rice Casserole pack
- 2 cans tuna, drained
- 1 can peas
- 1 can cream of mushroom soup
- 1 cup shredded cheese

Combine ingredients, bake at 350°F for 25-30 minutes.

## 7. Soy-Rice Chicken Bake

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can cream of chicken soup
- 1 cup mixed vegetables
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 8. Soy-Rice and Tomato Casserole

- Fortified Soy-Rice Casserole pack
- 1 can diced tomatoes
- 1 can corn
- 1 tsp Italian seasoning
- 1 cup shredded cheese

Combine all ingredients, bake at 350°F for 25-30 minutes.

## 9. Soy-Rice Chili Casserole

- Fortified Soy-Rice Casserole pack
- 1 can chili
- 1 can corn
- 1 can black beans
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 10. Soy-Rice and Spinach Casserole

- Fortified Soy-Rice Casserole pack
- 1 can spinach, drained
- 1 can cream of mushroom soup
- 1 cup shredded cheese
- 1 tsp garlic powder

Combine ingredients, bake at 350°F for 25-30 minutes.

## 11. Mexican Soy-Rice Casserole

- Fortified Soy-Rice Casserole pack
- 1 can diced tomatoes with green chilies
- 1 can black beans
- 1 cup corn
- 1 tsp cumin
- 1 cup shredded cheese

Combine all ingredients, bake at 350°F for 25-30 minutes.

## 12. Italian Soy-Rice Casserole

- Fortified Soy-Rice Casserole pack
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 tsp Italian seasoning
- 1 cup shredded mozzarella cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 13. Soy-Rice and Lentil Stew

- Fortified Soy-Rice Casserole pack
- 1 cup dried lentils
- 1 can diced tomatoes
- 1 can mixed vegetables
- 1 tsp cumin
- 1 tsp garlic powder

Combine all ingredients in a pot, simmer for 45-50 minutes.

## 14. Soy-Rice Soup with Vegetables

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tsp Italian seasoning

Combine ingredients in a pot, simmer for 30-35 minutes.

## 15. Soy-Rice and Cheese Stuffed Zucchini

- Fortified Soy-Rice Casserole pack
- 4 zucchinis, halved and scooped out
- 1 can diced tomatoes
- 1 cup shredded cheese
- 1 tsp Italian seasoning

Stuff zucchinis with mixture, bake at 375°F for 25-30 minutes.

## 16. Soy-Rice Patties

- Fortified Soy-Rice Casserole pack
- 1 egg
- 1/2 cup bread crumbs
- 1/2 cup shredded cheese
- 1 tsp garlic powder

Form mixture into patties, cook in a skillet over medium heat until golden brown.

## 17. Soy-Rice and Sausage Skillet

- Fortified Soy-Rice Casserole pack
- 1 lb sausage, sliced
- 1 can diced tomatoes
- 1 can corn
- 1 tsp Italian seasoning

Cook sausage, add remaining ingredients, simmer for 15-20 minutes.

## 18. Soy-Rice Stuffed Cabbage Rolls

- Fortified Soy-Rice Casserole pack
- 1 head cabbage, leaves separated
- 1 can diced tomatoes
- 1 cup cooked lentils
- 1 tsp garlic powder

Stuff cabbage leaves with mixture, bake at 375°F for 30-35 minutes.

## 19. Soy-Rice and Beef Casserole

- Fortified Soy-Rice Casserole pack
- 1 lb ground beef
- 1 can diced tomatoes
- 1 cup corn
- 1 cup shredded cheese

Brown beef, combine with remaining ingredients, bake at 350°F for 25-30 minutes.

## 20. Soy-Rice and Vegetable Soup

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1 can diced tomatoes
- 4 cups chicken or vegetable broth
- 1 tsp Italian seasoning

Combine ingredients in a pot, simmer for 30-35 minutes.

## 21. Soy-Rice Stir Fry

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1/4 cup soy sauce
- 1 tsp garlic powder
- 1 tbsp vegetable oil

Sauté vegetables in oil, add soy-rice and soy sauce, stir fry for 5-7 minutes.

## 22. Soy-Rice and Chicken Soup

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can mixed vegetables
- 4 cups chicken broth
- 1 tsp thyme

Combine ingredients in a pot, simmer for 30 minutes.

## 23. Soy-Rice and Mushroom Casserole

- Fortified Soy-Rice Casserole pack
- 1 can cream of mushroom soup
- 1 can sliced mushrooms
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 24. Soy-Rice and Black Bean Tacos

- Fortified Soy-Rice Casserole pack
- 1 can black beans
- 1 can corn
- 1 tsp cumin
- Taco shells
- 1 cup shredded cheese

Mix soy-rice, beans, corn, and cumin; serve in taco shells, top with cheese. Sauté chicken and vegetables in oil, add soy-rice and soy sauce, stir fry for 5-7 minutes.

## 25. Soy-Rice Stuffed Tomatoes

- Fortified Soy-Rice Casserole pack
- 6 large tomatoes, tops cut off and scooped out
- 1 can diced tomatoes
- 1 cup shredded cheese
- 1 tsp Italian seasoning

Stuff tomatoes with mixture, bake at 375°F for 25-30 minutes.

## 26. Soy-Rice and Corn Casserole

- Fortified Soy-Rice Casserole pack
- 1 can corn
- 1 can cream of chicken soup
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 27. Soy-Rice and Peas Pilaf

- Fortified Soy-Rice Casserole pack
- 1 can peas
- 1 tsp garlic powder
- 1 tbsp butter

Mix cooked soy-rice with peas, garlic powder, and butter.

## 28. Soy-Rice and Carrot Casserole

- Fortified Soy-Rice Casserole pack
- 1 can sliced carrots
- 1 can cream of mushroom soup
- 1 cup shredded cheese

Combine ingredients, bake at 350°F for 25-30 minutes.

## 29. Soy-Rice and Broccoli Bake

- Fortified Soy-Rice Casserole pack
- 1 can cream of chicken soup
- 1 bag frozen broccoli, thawed
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes..

## 30. Soy-Rice and Ham Casserole

- Fortified Soy-Rice Casserole pack
- 2 cups diced ham
- 1 can cream of mushroom soup
- 1 cup peas
- 1 cup shredded cheese

Combine ingredients, bake at 350°F for 25-30 minutes.

## 31. Soy-Rice and Beef Stuffed Peppers

- Fortified Soy-Rice Casserole pack
- 4 bell peppers
- 1 lb ground beef
- 1 can diced tomatoes
- 1 cup shredded cheese

Brown beef, mix with soy-rice and tomatoes. Stuff peppers, top with cheese, bake at 375°F for 25-30 minutes.

## 32. Soy-Rice and Sweet Corn Casserole

- Fortified Soy-Rice Casserole pack
- 1 can sweet corn
- 1 can cream of chicken soup
- 1 cup shredded cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 33. Soy-Rice and Tomato Basil Bake

- Fortified Soy-Rice Casserole pack
- 1 can diced tomatoes
- 1 tsp basil
- 1 cup shredded mozzarella cheese

Mix ingredients, bake at 350°F for 25-30 minutes.

## 34. Soy-Rice and Vegetable Stuffed Squash

- Fortified Soy-Rice Casserole pack
- 2 acorn squashes, halved and seeded
- 1 can mixed vegetables
- 1 cup shredded cheese
- Stuff squashes with mixture, bake at 375°F for 30-35 minutes.

## 35. Soy-Rice and Tuna Salad

- Fortified Soy-Rice Casserole pack
- 2 cans tuna, drained
- 1 can peas
- 1/2 cup mayonnaise
- 1/4 cup diced pickles

Mix all ingredients, serve chilled.

## 36. Soy-Rice and Chicken Enchiladas

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can enchilada sauce
- 1 cup shredded cheese
- 8 tortillas

Fill tortillas with mixture, roll up, place in baking dish, top with enchilada sauce and cheese. Bake at 350°F for 20-25 minutes.

## 37. Soy-Rice and Mixed Vegetable Skillet

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1/4 cup soy sauce
- 1 tsp garlic powder
- 1 tbsp vegetable oil

Sauté vegetables in oil, add soy-rice and soy sauce, stir fry for 5-7 minutes.

## 38. Soy-Rice and Bean Burritos

- Fortified Soy-Rice Casserole pack
- 1 can black beans
- 1 can corn
- 1 cup salsa
- 8 tortillas
- 1 cup shredded cheese
- Mix soy-rice, beans, corn, and salsa; fill tortillas, top with cheese.

## 39. Soy-Rice and Spinach Bake

- Fortified Soy-Rice Casserole pack
- 1 can spinach, drained
- 1 can cream of mushroom soup
- 1 cup shredded cheese
- 1 tsp garlic powder

Mix ingredients, bake at 350°F for 25-30 minutes.

## 40. Soy-Rice and Pineapple Bake

- Fortified Soy-Rice Casserole pack
- 1 can pineapple chunks, drained
- 1 cup shredded cheese
- 1/4 cup soy sauce
- 1 tbsp vegetable oil

Mix ingredients, bake at 350°F for 25-30 minutes.

## 41. Soy-Rice and Chicken Salad

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can corn
- 1/2 cup mayonnaise
- 1/4 cup diced celery
- 1 tsp garlic powder

Mix all ingredients, serve chilled.

## 42. Soy-Rice and Veggie Wraps

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1/4 cup soy sauce
- 1 tsp garlic powder
- 8 tortillas
- Mix soy-rice and veggies, season with soy sauce and garlic powder, wrap in tortillas.

## 43. Soy-Rice and Spinach Stuffed Peppers

- Fortified Soy-Rice Casserole pack
- 4 bell peppers, tops cut off and scooped out
- 1 can spinach, drained
- 1 cup shredded cheese
- 1 tsp Italian seasoning

Mix soy-rice, spinach, and seasoning. Stuff peppers, top with cheese, bake at 375°F for 25-30 minutes.

## 44. Soy-Rice and Beef Stew

- Fortified Soy-Rice Casserole pack
- 1 lb beef stew meat
- 1 can diced tomatoes
- 1 can mixed vegetables
- 4 cups beef broth
- 1 tsp thyme

Brown beef, add remaining ingredients, simmer for 45-50 minutes.

## 45. Soy-Rice and Veggie Soup

- Fortified Soy-Rice Casserole pack
- 1 can mixed vegetables
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tsp Italian seasoning

Combine ingredients in a pot, simmer for 30-35 minutes.

## 46. Soy-Rice and Chicken Bake

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can cream of chicken soup
- 1 cup shredded cheese
- Mix ingredients, bake at 350°F for 25-30 minutes.

## 47. Soy-Rice and Bean Chili

- Fortified Soy-Rice Casserole pack
- 1 can black beans
- 1 can diced tomatoes
- 1 can corn
- 1 tsp chili powder

Combine ingredients in a pot, simmer for 30 minutes.

## 48. Soy-Rice and Lentil Curry

- Fortified Soy-Rice Casserole pack
- 1 cup dried lentils
- 1 can diced tomatoes
- 1 can coconut milk
- 1 tbsp curry powder

Combine ingredients in a pot, simmer for 45-50 minutes.

## 49. Soy-Rice and Chickpea Stew

- Fortified Soy-Rice Casserole pack
- 1 can chickpeas, drained
- 1 can diced tomatoes
- 1 can mixed vegetables
- 1 tsp cumin

Combine ingredients in a pot, simmer for 30-35 minutes.

## 50. Soy-Rice and Chicken Stir Fry

- Fortified Soy-Rice Casserole pack
- 2 cups cooked chicken, diced
- 1 can mixed vegetables
- 1/4 cup soy sauce
- 1 tsp garlic powder
- 1 tbsp vegetable oil

Sauté chicken and vegetables in oil, add soy-rice and soy sauce, stir fry for 5-7 minutes.



**Kids**  
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Share your recipes with us and others

ONE POT MEAL

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