MICROWAVE COOKING CONCEPT #4:
Stir foods while they are cooking. Bring food in the center toward the edge and food at the edge toward the center.

Confetti Rice
Serves 2

You Need:

1/2 cup hot water
1/2 tsp. chicken bouillon
1/2 cup instant rice
1/2 cup frozen vegetables
1 cup liquid measuring cup
1/2 cup dry measuring cup
1/2 teaspoon
wooden spoon
plastic wrap
microwave
1 qt. casserole dish

1. Measure 1/2 cup HOT water and 1/2 tsp. chicken bouillon in a casserole dish. Stir.
2. Measure 1/2 cup instant rice and add to the casserole dish.

3. Measure 1/2 cup frozen mixed vegetables and add to the casserole dish.

4. Stir all ingredients.

5. Cover with plastic wrap. Leave a small opening for steam to escape.

6. Place in microwave oven. Microwave HIGH power for 3 minutes.
7. Open door. Stir mixture. Turn dish.

8. Microwave at HIGH power for 2 minutes.

9. Open door and stir and turn dish again.

10. Microwave at HIGH power for 2 minutes longer. Vegetables and rice should be still firm, but not hard.
6. - 10. If using a carousel microwave:

Place in microwave oven. Microwave at HIGH power for 7 minutes. The carousel will rotate the dish.

11.

Remove from microwave. Let the casserole dish stand covered 2 minutes longer.
You Need:

1/2 cup water
1/2 tsp. bouillon
1/2 cup instant rice
1/2 cup frozen vegetables
1 qt. casserole dish
microwave

1/2 cup liquid measuring cup
1/2 cup dry measuring cup
1/2 teaspoon
wooden spoon
plastic wrap
1 qt. casserole dish

1. Measure 1/2 cup HOT water and 1/2 tsp. chicken bouillon in a casserole dish. Stir.

2. Measure 1/2 cup instant rice and add to the casserole dish.

3. Measure 1/2 cup frozen mixed vegetables and add to casserole dish.

4. Stir all ingredients.

5. Cover with plastic wrap. Leave a small opening for steam to escape.

6. Place in microwave oven. Microwave at HIGH power for 3 minutes.

7. Open door. Stir mixture. Turn dish.

8. Microwave at HIGH power for 2 minutes.

9. Open door and stir and turn dish again.

10. Microwave at HIGH power 2 minutes longer. Vegetables and rice should be still firm, but not hard.

11. Remove from microwave. Let the casserole dish stand covered 2 minutes longer.

IF USING A CAROUSEL MICROWAVE:

6. - 10. Place in microwave oven. Microwave at HIGH power for 7 minutes. The carousel will rotate the dish.