

These easy recipes come from Neal Bertrand's *Rice Cooker Meals: Fast Home Cooking for Busy People*, which even includes comments from people who've tried the recipes. It is available for \$12.95, plus \$3 shipping and handling. To order, call 888-606-3257.

Cajalian Chicken Cacciatore

"Cajalian" cuisine (Cajun/Italian) blends the distinct tastes of Cajun food, with its spicy flavor and roux, with Italian food's unmistakable layering of tomato sauce, Italian seasonings, garlic and cheese.

3 boneless, skinless chicken breasts, cubed into small pieces
salt and red pepper, to taste
garlic powder, to taste
mixed Italian seasonings, to taste
1 bag of Seasoning Blend (chopped onions, bell peppers, etc., found in frozen vegetables section)
1 (8 oz.) can tomato sauce
5 tbsp. Tony Chachere's Dry Roux Mix dissolved in 1 cup cool water
1 cup chopped fresh mushrooms (optional)
Parmesan cheese, to taste
a pinch of sugar, or to taste, to balance acid in tomato sauce
hot cooked rice

Brown chicken breasts in a skillet or rice cooker and season well with salt and red pepper. Add all ingredients to rice cooker, stir, covered and press COOK switch. Cook until chicken is tender, stirring once or twice during cooking time, then covering again. Once meal is cooked and the COOK switch pops up to WARM, serve immediately over rice. Yield: 4 to 6 servings

—Lisa Lanza-Menard, Lafayette

Spaghetti and Meatballs

12 frozen meatballs

1 (16 oz.) jar spaghetti sauce
1 (7 oz.) box spaghetti, broken in thirds
1 tbsp. olive oil
1 onion, chopped
3 cloves garlic, minced
1/2 cup chopped green onion
1/2 cup chopped parsley
salt, black and red pepper, to taste
1 tsp. oregano
2 cups water

Add all ingredients to rice cooker; stir well to coat spaghetti, cover and press COOK switch. Once meal is cooked and the COOK switch pops up to WARM, serve immediately.

Cooked for 28 minutes and made up to the 5-cup level.

Mexican Taco "Casserole" I

2 lbs. lean ground beef
1 (15 oz.) can enchilada sauce
1 (10.5 oz.) can cream of celery condensed soup
1 onion, chopped
salt and pepper, to taste
1 tsp. chili powder
1/4 tsp. turmeric



1/3 cup water
1 (15.25 oz.) jar salsa con queso cheese dip
1 (13 oz.) bag nacho cheese chips, crushed

Brown the meat in a skillet; remove extra liquid. Add browned beef and all remaining ingredients, except for cheese dip and chips, to rice cooker, stir well, cover and press COOK switch. Cook at least 25 to 30 minutes. If rice cooker stops prematurely, wait a while, then press COOK switch again. Once meal has cooked and the COOK switch pops up to WARM, drain any excess liquid, add dip and enough chips to suit taste, and stir.

Cooked for 25 minutes and made up to the 5.5-cup level. Great as a dip or over hot rice.

Pizza Pastalaya

2 lbs. lean ground beef, browned, drained
salt and pepper, to taste
1 (10 oz.) can beef broth
1 cup water
1 tbsp. olive oil
2 cups elbow macaroni, uncooked
1 (14 oz.) jar spaghetti sauce
1 (14 oz.) jar pizza sauce
4 oz. pepperoni slices
1 medium onion, chopped
3 cloves garlic, minced
1 small bell pepper, chopped
Tabasco® to taste, or serve at the table
shredded mozzarella cheese

Season browned beef with salt and pepper. Add broth, water and oil to rice cooker with seasoned beef and stir. Add macaroni to liquid and stir thoroughly to coat well and keep macaroni from clumping together. Add all remaining ingredients to rice cooker except cheese, stir, cover and press COOK switch. Once meal is cooked and the COOK switch pops up to WARM, stir and serve. Add cheese on top of each serving.

Cooked 21 minutes and made up to the 5- or 6-cup level.

Dark Rice

- 2 rice-cooker cups (12 oz.) uncooked medium-grain white rice
- 1 cup (8 oz.) water
- 1 cup (8 oz.) cola
- 1 tsp. olive oil
- 1/4 tsp. salt, or to taste
- 3/4 cup golden raisins
- 2/3 cup sweet shredded coconut flakes
- 1/2 cup chopped pecans, or nuts of your choice
- 1/2 cup chopped green onions

Place the rice, water, cola, oil and salt in rice cooker. Stir, cover and press COOK switch. At the midpoint of cooking process (10 minutes) quickly toss in the raisins; cover. Once meal is cooked and the COOK switch pops up to WARM, add coconut, nuts and green onion; mix well. Cover and let stand 10 minutes before serving.

Cooked for 21 minutes and made up to the 4-cup level. Great with pork or chicken.

Crawfish Étouffée

- 1 stick butter, chopped
- 1/2 small red bell pepper, chopped
- 1/2 small green bell pepper, chopped
- 3 green onions, chopped
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1/4 cup minced parsley
- 2 dashes (1/8 tsp.) dried bay leaf flakes
- 1 tbsp. Worcestershire sauce
- 1 lb. crawfish tails, peeled and deveined
- 2 (10.5 oz.) cans chicken broth
- salt and pepper, to taste
- Tabasco® to taste, or serve at the table
- 2 tbsp. flour
- hot cooked rice

Press COOK switch. Add butter and allow to melt. Sauté the vegetables for a few minutes. Add remaining ingredients. Stir flour in a little at a time, stirring constantly, so it blends thoroughly. Cover and allow to cook for no more than 35 minutes, so you don't lose all your liquid. Serve over hot rice.

Cooked for 35 minutes and made up to the 3-cup level. Shrimp may be substituted for crawfish.

– Steven Bertrand, Lafayette

Crawfish and Corn Maque Choux Soup

- 1 (14.75 oz.) can sweet cream corn
- 1 (15.25 oz.) can whole kernel sweet corn, undrained
- 1 (10 oz.) can diced tomatoes with green chilies
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 stalk celery, chopped
- 4 cloves garlic, minced
- 1 stick butter, chopped
- 1/2 tsp. Cajun or creole seasoning
- 1 lb. crawfish tails, peeled and deveined
- 1 pint (2 cups) Half & Half (light cream)

Add all ingredients to rice cooker, stir, cover and press COOK switch. Once meal is cooked, and the COOK switch pops up to WARM, add the Half & Half, stir, cover and let stand, heating 10 minutes before serving.

Took 43 minutes to cook and made up to the 7-cup level.

Chicken Fajita Stuffed Potato

- 1 lb. boneless, skinless chicken breast, cut in thin strips
- salt, red and black pepper, to taste
- 1 (1.12 oz.) envelope chicken fajita mix
- 1 (2 lb.) bag frozen, crinkle-cut French-fried potatoes, defrosted
- 1 medium onion, cut in thin strips
- 1/2 red bell pepper, cut in thin strips
- 1 stick butter, chopped

- 1 (10.5 oz) can chicken broth
- 6 oz. water
- Tabasco® to taste, or serve at table

Brown chicken in skillet on stove; drain excess grease. Season chicken with salt and peppers; stir. Dissolve fajita mix in bowl according to package directions. Add all ingredients to rice cooker, stir, cover and press COOK switch. Once meal is cooked and the COOK switch pops up to WARM, let stand, covered, 10 minutes before serving.

Cooked for 41 minutes and made up to the 5-cup level.

–Neal & Steven Bertrand, Lafayette

Yams with Brown Sugar and Butter

- 1 1/4 lbs. uncooked yams, peeled and diced in half-inch cubes
- 1/2 cup brown sugar, packed
- 1/2 stick butter, chopped
- 1 1/2 cups water

Add all ingredients to rice cooker, stir, cover and press COOK switch. Once yams are cooked and the COOK switch pops up to WARM, let stand, covered, 10 minutes before serving.

Cooked for 46 minutes and made up to the 2.5-cup level.

For extra copies of these recipes or to e-mail a copy to a friend, visit *SLEMCO Power* magazine online at www.slemco.com.

LUCKY NUMBER WINNERS

Six out of 10 of the SLEMCO account numbers hidden in the November/December issue of *SLEMCO Power* have been found and claimed. Each received a \$10 credit to their SLEMCO account. Winners include **Lawrence East** of Lafayette, **Ronald Istre** of Duson, **Bernard Huesers** of Rayne, **Eldon Johnson** of Melville, **William Fung** of Abbeville and **Geraldine King** of Morrow.



Four others missed out on their SLEMCO credit (Lucky Account Number 3307257200). They included **Mitzi Benoit** of Breaux Bridge, **Joe Gall** of Egan, **Chad Clause** of Arnaudville and **Bobby Degueyter** of Leonville.

Ten more account numbers are hidden in this issue: look to see if yours is one of them. If it is, call Mrs. Gayle Babin at SLEMCO at 896-2504. She'll verify if you're a winner and, if so, she'll credit \$10 to your account.