

FEED MY STARVING CHILDREN®

MannaPack™ COOKBOOK





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FORWARD FROM NUTRITIONIST



• **Cade Fields-Gardner** •
MS, RDN, LDN, CD

MannaPack™ products can provide a solid base for a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically designed balance of calories with high quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

This cookbook provides some examples of how the MannaPack™ Rice product can be used as a part of a balanced diet prepared in a variety of ways. Each product is vegetarian certified, which allows cooks the opportunity to be creative to match cultural or food preferences. MannaPack™ Rice, Potato-D and Potato-W are halal certified.

MannaPack™ Rice is designed as a supplemental fortified food to improve dietary intake of calories, protein, vitamins

and minerals. It is designed to complement other foods, such as vegetables, fruits, grains and protein foods, as a part of an adequate and well balanced diet.

MannaPack™ Potato-D is a food designed to assist in symptom management and rehabilitation from diarrhea. It is designed to be utilized on a short-term basis as a first food to complement oral rehydration and other therapies, and to reestablish a food-based diet.

MannaPack™ Potato-W is a weaning food designed to meet World Health Organization (WHO) recommended nutrient requirements for children 7-12 months. It is used as a complement to breastmilk after an exclusive breastfeeding period in infants 7-12 months or older. This product should not be used as a substitute for breastmilk. Consult WHO guidelines for appropriate use of complementary weaning foods, such as MannaPack™ Potato-W.

MANNAPACK™ RICE RECIPES



FMSC
CENTRAL & SOUTH
AMERICA
RECIPES

MannaPack™
and Extra
Long Grain

36 13.3 OZ
NET WT 30.0

AGS
(3kg)

MannaPack
Rice

SITE CODE

① 2 3 4
10/31/11

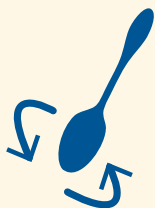
36 (375g) BAGS
NET WT 13.3kg

MANNAPACK™ RICE

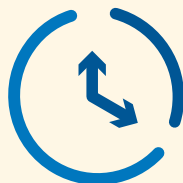
INSTRUCTIONS



Add contents of package
to 1.4 L (about 6 cups)
of boiling water.



Stir.



Cover and cook over
low heat for 20 minutes.
Allow to cool as needed.
Makes 6 - 1 cup servings.



APPLES & MANNA

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 apples, diced
- 2 pinches sugar
- 1 lemon, juiced
- 1 dash vanilla
- 1 pinch cinnamon
- Salt to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Add apples, lemon, sugar, cinnamon, vanilla and salt.

MANZANA Y MANNAPACK

- 1 MannaPack Arroz
- 2 manzanas, cortadas en cubitos
- 2 pizcas de azúcar
- 1 limón, solo jugo
- 1 pizca de vainilla
- 1 pizca de canela
- Sal al gusto

Cocine el MannaPack Arroz como se indica en el paquete. Agregue manzanas, limón, azúcar, canela y vainilla. Sazone con sal según sea necesario.

RICE & MILK

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- ¼ cup sugar
- 1 cup milk
- ½ cup evaporated milk
- 1 cinnamon stick

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Add both milk and evaporated milk with cinnamon and sugar. Let sit for 10 minutes stirring occasionally. Serve warm.

ARROZ CON LECHE

- 1 MannaPack Arroz
- $\frac{1}{4}$ de taza de azúcar
- 1 taza de leche
- $\frac{1}{2}$ de leche evaporada
- 1 rama de canela

Cocine MannaPack Arroz como se indica en el paquete. Agregue leche y leche evaporada con canela y azúcar. Dejar reposar durante diez minutos revolviendo ocasionalmente. Servir tibio.

RICE SALAD

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 ears corn
- 1 handful pitted olives, chopped
- 1 green pepper, diced small
- 1 large potato, diced small
- Cooking oil to coat pan
- 1 cup mayonnaise
- ½ cup mustard
- ¼ head cabbage, shaved thin
- Salt and pepper to taste

INSTRUCTIONS

Grill corn and remove from cob. Sauté potato and peppers. Add corn and olives and cook for 5 minutes or until vegetables are tender. Cook MannaPack Rice as instructed on package and add to sautéed vegetables. Once cooled, add mayonnaise, mustard and cabbage. Season with salt and pepper. Serve chilled or warm.

ENSALADA DE ARROZ

- 1 MannaPack Arroz
- 4 mazorcas de maíz
- 1 puñado de aceitunas, picadas
- 1 pimiento verde, cortado en cubitos pequeños
- 1 papa grande, cortada en cubitos pequeños
- Aceite de cocina para cubrir la sartén
- 1 taza de mayonesa
- ½ taza de mostaza
- ¼ de repollo, rallado fino
- Sal y pimienta al gusto

Ase maíz y retírelo de la mazorca. Saltear las papas y los pimientos. Agregue el maíz y las aceitunas y cocine por 5 minutos o hasta que las verduras estén tiernas. Cocine MannaPack Arroz como se indica en el paquete y agréguelo a las verduras salteadas. Una vez enfriado, agregue mayonesa, mostaza y repollo. Condimentar con sal y pimienta. Servir frío o tibio.

RICE OMELET

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 8 eggs
- 1 green or red pepper, diced
- ½ bunch cilantro, chopped
- Cooking oil to coat pan
- ½ cup melting cheese
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Note: This process can be done in advance and is a good way to use leftover MannaPack Rice. Scramble eggs in a bowl until combined. Heat oil in a pan over medium heat. Once hot, add peppers and cook for 1-2 minutes until tender. Pour approximately 2 eggs into the oil and stir. Once eggs begin to cook stop stirring and add one spoon of cooked MannaPack Rice to the center. Spread evenly on one half of the eggs. Top with a pinch of shredded or sliced melting cheese. Using a spatula, fold one half of the omelet over the other covering the MannaPack Rice. Garnish with chopped or whole cilantro. Serve hot.

TORTILLA DE ARROZ

- 1 MannaPack Arroz
- 8 huevos
- 1 pimiento verde o rojo, cortado en cubitos
- ½ manojo de cilantro, picado
- Aceite de cocina para cubrir la sartén
- ½ taza de queso derretido
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete (esto puede hacerse el día anterior). Revuelva los huevos en un tazón hasta que estén combinados. En una sartén, caliente el aceite a fuego medio hasta que comience a formarse una onda en el aceite. Cuando el aceite esté caliente, agregue los pimientos cortados en cubitos y póngalos a freír durante 1-2 minutos. Después vierta aproximadamente 2 huevos en el aceite y revuelva. Una vez que los huevos comiencen a cocinar, deje de revolver y agregue una cucharada de MannaPack cocido al centro y extienda uniformemente sobre la mitad de los huevos. Cubra con una pizca de queso derretido o rallado. Usando una espátula, doble la mitad de la tortilla sobre la otra cubriendo el MannaPack. Retire la tortilla del fuego y sirva caliente. Adorne con cilantro picado o entero.

RICE SOUP

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 5.6 L of water
- 1 chayote squash, diced
- 1 bunch cilantro, chopped
- 1 medium onion, diced
- 1 chipotle or jalapeño pepper
- 2 tomatoes, diced
- 2 large carrots, chopped
- 4 eggs
- ¼ head cabbage, shredded
- Salt and pepper to taste

INSTRUCTIONS

Bring water to a boil. Seed chayote squash and peel onion. Add eggs in the shell and carrots, cook for 5 minutes. Add MannaPack Rice, chayote, onion, pepper, cabbage and tomatoes. When rice is cooked completely remove from the heat and stir in cilantro. Serve soup with one boiled egg for each person (peel before serving).

SOPA DE ARROZ

- 1 MannaPack Arroz
- 5.6 L de agua
- 1 chayote, cortado en cubitos
- 1 manojo de cilantro, picado
- 1 cebolla mediana, cortada en cubitos
- 1 chipotle o chile jalapeño
- 2 tomates, cortados en cubitos
- 2 zanahorias grandes, picadas
- 4 huevos
- ¼ cabeza de repollo, rallado
- Sal y pimienta al gusto

Semillas de chayote y cáscara de cebolla. Poner el agua a hervir. Retire las semillas del chayote y pele la cebolla. Agregue los huevos en la cáscara y las zanahorias, cocine por 5 minutos. Agregue MannaPack Arroz, chayote, cebolla, pimienta, repollo y tomates. Cuando el arroz esté completamente cocido, retire del fuego y agregue el cilantro. Sirva la sopa con un huevo cocido para cada persona (pelar antes de servir).

RICE CEVICHE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 oranges, juiced
- 2 limes, juiced
- 2 lemons, juiced
- 1 bunch cilantro, chopped
- 1 clove garlic, chopped
- 1 small red onion, diced small
- 1 small jalapeño, minced (optional)
- 1 large tomato, diced
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice for approximately 12 minutes (a little more than half the time as instructed on package). Remove from heat and let cool. Add all other ingredients and season to taste with salt and pepper. Serve chilled or warm with tortillas.

CEVICHE DE ARROZ

- 1 MannaPack Arroz
- 2 naranjas, jugo
- 2 limas, jugo
- 2 limones, jugos
- 1 manojo de cilantro, picado
- 1 diente de ajo, picado
- 1 cebolla roja pequeña, cortada en cubitos
- 1 jalapeño pequeño, picado (opcional)
- 1 tomate grande, cortado en cubitos
- Sal y pimienta al gusto

Cocine MannaPack Arroz durante aproximadamente 12 minutos (un poco más de la mitad del tiempo como se indica en el paquete). Retirar del fuego y dejar enfriar. Agregue todos los demás ingredientes y sazone al gusto con sal y pimienta. Sirva frío o tibio con tortillas.

CHICKEN & BROCCOLI RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 pound chicken, diced
- 1 bunch cilantro, chopped
- 1 clove garlic, chopped
- 1 small yellow onion, diced small
- 1 bunch broccoli, cut small
- 1 red pepper, diced small
- Cooking oil to coat pan

INSTRUCTIONS

Heat oil in pan over medium heat. Add chicken stirring until fully cooked. Add onions, garlic, broccoli florets, and red pepper. Continue stirring for approximately 5 minutes. Add MannaPack Rice and cook as instructed on package, using 4x the amount of water. After rice is cooked remove from heat and stir in cilantro. Season with salt and pepper to taste. Serve hot.

ARROZ CON POLLO Y BRÓCOLI

- 1 MannaPack Arroz
- 1 libra de pollo, cortado en cubitos
- 1 manojo de cilantro, picado
- 1 diente de ajo, picado
- 1 cebolla amarilla pequeña, cortada en cubitos
- 1 manojo de brócoli, cortado pequeño
- 1 pimiento rojo, cortado en cubitos pequeños
- Aceite de cocina para cubrir la sartén

Caliente el aceite en la sartén a fuego medio. Agregue el pollo revolviendo hasta que esté completamente cocido. Agregue cebollas, ajo, brócoli y pimiento rojo. Continúe agitando durante aproximadamente 5 minutos. Agregue MannaPack Arroz y cocine como se indica en el paquete, usando 5.6 L de agua. Después de cocinar el arroz, retirar del fuego y agregar el cilantro. Sazone con sal y pimienta al gusto. Servir caliente.

RICE MEATBALLS & TOMATO SAUCE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup breadcrumbs
- 1 clove garlic, chopped
- 1 bunch parsley, chopped
- 1 egg
- 3 tomatoes, diced
- 1 clove garlic, chopped
- 1 yellow onion, diced
- 1 tsp oregano, chopped or dried
- Cooking oil to coat pan
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Once cooled, combine with garlic, breadcrumbs, egg and parsley. Mix with hands to combine all ingredients evenly and roll medium sized balls. Cook in the oven or fry until hot all the way through. Once hot put the meatballs in tomato sauce and cook on low for approximately 5 minutes. Serve with crumbled cheese.

Sauce:

Heat oil in pan over medium heat. When oil is hot, add tomato, garlic, onion and oregano. Cook slowly over low heat.

ALBÓNDIGAS DE ARROZ EN SALSA DE TOMATE

- 1 MannaPack Arroz
- 1 taza de pan rallado
- 1 diente de ajo, picado
- 1 manojo de perejil, picado
- 1 huevo
- 3 tomates, cortados en cubitos
- 1 diente de ajo, picado
- 1 cebolla amarilla, cortada en cubitos
- 1 cucharadita de orégano, picado o seco
- Aceite de cocina para cubrir la sartén
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Una vez enfriado, combine con ajo, pan rallado, huevo y perejil. Mezcle con las manos para combinar todos los ingredientes de manera uniforme y enrolle bolas de tamaño mediano. Cocinar en el horno o freír hasta que esté completamente caliente. Una vez caliente ponga las albóndigas en salsa de tomate y cocine a fuego lento durante aproximadamente 5 minutos. Servir con queso rallado.

Salsa:

Caliente el aceite en la sartén a fuego medio. Cuando el aceite esté caliente, agregue tomate, ajo, cebolla y orégano. Cocine lentamente a fuego lento.

RICE BURGERS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup breadcrumbs
- 1 clove garlic, chopped
- 1 bunch parsley, chopped
- 1 egg
- 4 lettuce leaves
- 8 tomato slices
- 4 red onion slices
- Mayonnaise to taste
- Ketchup to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Combine with garlic, breadcrumbs, egg and parsley in a bowl. Mix with hands to combine all ingredients evenly. Shape burger patties and cook in the oven or fry until hot all the way through. Serve hot on a bun and garnish with lettuce, tomato, onion, mayonnaise and ketchup. If a bun is not available two pieces of lettuce may be used as a replacement.

HAMBURGUESAS DE ARROZ

- 1 MannaPack Arroz
- 1 taza de pan rallado
- 1 diente de ajo, picado
- 1 manojo de perejil, picado
- 1 huevo
- 4 hojas de lechuga
- 8 rodajas de tomate
- 4 rodajas de cebolla roja
- Mayonesa al gusto
- Salsa de tomate al gusto

Cocine MannaPack Arroz como se indica en el paquete y déjelo enfriar. Combinar con ajo, pan rallado, huevo y perejil en un tazón. Mezcle con las manos para combinar todos los ingredientes de manera uniforme. Dale forma a las hamburguesas y cocine en el horno o fríer hasta que esté completamente caliente. Servir caliente en un bollo y decorar con lechuga, tomate, cebolla, mayonesa y salsa de tomate. Si no hay un bollo disponible, se pueden usar dos piezas de lechuga como reemplazo.

MANA & PLANTAIN

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 3 plantains
- 6 eggs
- 1 bunch cilantro, chopped
- Cooking oil to coat pan
- Sliced cured meat, 2 per person

INSTRUCTIONS

Cook MannaPack Rice as instructed on package and set aside to cool. Cook plantains and mash. Fold in plantains with MannaPack Rice. Fry eggs and serve on top of MannaPack Rice. Fry cured meat and garnish with cilantro. Serve over MannaPack Rice. Fry plantains for additional sweetness.

MANNAPACK Y PLÁTANO

- 1 MannaPack Arroz
- 3 plátanos
- 6 huevos
- 1 manojo de cilantro, picado
- Aceite de cocina para cubrir la sartén
- Carne curada en rodajas, 2 por persona

Cocine MannaPack Arroz como se indica en el paquete y déjelo enfriar. Cocine los plátanos y conviértalos a puré de plátano. Freír huevos y servir sobre MannaPack Arroz. Freír la carne curada y decorar con cilantro. Sirva sobre MannaPack Arroz. Fríe los plátanos para obtener más dulzura.

RICE & PEAS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 cups lentils, cooked
- 1 cup peas
- ½ cup seeded olives, chopped
- 4 eggs
- 1 bunch cilantro, chopped
- Sliced chilis to taste
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Fold in lentils, olives and peas. Fry eggs and garnish with cilantro and chilis. Serve over MannaPack Rice. Dish may be served with avocado and/or meat if desired.

ARROZ Y GUISANTES

- 1 MannaPack Arroz
- 2 tazas de lentejas, cocidas
- 1 taza de guisantes
- ½ taza de aceitunas sin semillas, picadas
- 4 huevos
- 1 manojo de cilantro, picado
- Chiles en rodajas al gusto
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Mezclar con lentejas, aceitunas y guisantes. Freír los huevos y decorar con cilantro y chile. Sirva sobre MannaPack Arroz. El plato se puede servir con aguacate y / o carne si se desea.

VEGETABLE & RICE SALAD

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 red or green peppers, diced
- 1 whole cucumber, diced
- 1 carrot, diced or shredded
- 1 bunch cilantro, whole leaves
- ½ bunch mint leaves, torn
- 1 cup yogurt
- 1 Tbsp cumin
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package and set aside to cool. Place yogurt in a bowl with cumin and mix until combined. Combine yogurt, cucumbers, peppers, carrot, mint and cilantro with chilled MannaPack Rice. Serve at room temperature.

ENSALADA DE ARROZ Y VEGETALES

- 1 MannaPack Arroz
- 2 pimientos rojos o verdes, cortados en cubitos
- 1 pepino entero, cortado en cubitos
- 1 zanahoria, cortada en cubitos o rallada
- 1 manojo de cilantro, hojas enteras
- ½ manojo de hojas de menta, rotas
- 1 taza de yogurt
- 1 cucharada de comino
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete y déjelo enfriar. Coloque el yogurt en un tazón con comino y mezcle hasta que esté combinado. Combine el yogurt, pepinos, pimientos, zanahoria, menta y cilantro con MannaPack Arroz. Servir a temperatura ambiente.

SWEET CORN & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 6 ears corn
- 1 cup sweetened condensed milk
- 1 dash vanilla
- 1 small pinch cinnamon
- Salt to taste

INSTRUCTIONS

Grill corn and remove from cob. Cook MannaPack Rice as instructed on package. Add corn, condensed milk, cinnamon and vanilla. Season with salt as needed. Serve warm or cold.

MAÍZ DULCE CON ARROZ

- 1 MannaPack Arroz
- 6 mazorcas de maíz
- 1 taza de leche condensada azucarada
- 1 pizca de vainilla
- 1 pizca pequeña, de canela
- Sal al gusto

Ase el maíz y retírelo de la mazorca. Cocine MannaPack Arroz como se indica en el paquete. Agregue maíz, leche condensada, canela y vainilla. Sazone con sal según sea necesario. Servir caliente o frío.

RED BEANS & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups red or black beans
- Cooking oil to coat pan
- 1 whole yellow onion, diced
- 4 pieces celery, diced
- 1 green or red pepper, diced
- 2 medium tomatoes, diced
- 1 bunch parsley, chopped
- 1 Tbsp cumin
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Cook beans and add onion, celery, peppers, tomatoes, parsley and cumin. Return to stove to heat through. Sour cream or yogurt may be added if desired. Serve hot.

FRIJOLES ROJOS CON ARROZ

- 1 MannaPack Arroz
- 4 tazas de frijoles rojos o negros
- Aceite de cocina para cubrir la sartén
- 1 cebolla amarilla entera, cortada en cubitos
- 4 piezas de apio, cortado en cubitos
- 1 pimiento verde o rojo, cortado en cubitos
- 2 tomates medianos, cortados en cubitos
- 1 manojo de perejil, picado
- 1 cucharada de comino
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Cocine los frijoles y agregue cebolla, apio, pimientos, tomates, perejil y comino. Regrese a la estufa para calentar. Se puede agregar crema agria o yogurt si se desea. Servir caliente.

COCONUT RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 cups dried coconut, shaved
- 1 cup sweetened condensed milk
- ½ cup slivered almonds, chopped
- 1 tsp citrus zest (orange, lime or lemon)
- 1 dash vanilla
- 1 bunch mint leaves
- 1 small pinch cinnamon
- Salt to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Add coconut, condensed milk, cinnamon, almonds, zest and vanilla. Fold to combine and season with salt as needed. May be garnished with mint and/or toasted coconut/almonds. Serve warm or cold.

ARROZ CON COCO

- 1 MannaPack Arroz
- 2 tazas de coco seco, rallado
- 1 taza de leche condensada azucarada
- ½ taza de almendras, picadas
- 1 cucharadita de ralladura de cítricos (naranja, lima o limón)
- 1 pizca de vainilla
- 1 manojo de hojas de menta
- 1 pizca pequeña de canela
- Sal al gusto

Cocine MannaPack Arroz como se indica en el paquete. Agregue coco, leche condensada, canela, almendras, ralladura y vainilla. Mezcle para combinar y sazone con sal según sea necesario. Puede ser adornado con menta / coco / o almendras tostadas. Servir caliente o frío.

RICE TAQUITOS

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups red or black beans
- 1 whole yellow onion, diced
- 1 whole green or red pepper, diced
- 1 clove garlic, chopped
- 1 bunch parsley, chopped
- 1 cup cheese, grated
- 1 bunch green onion, chopped fine
- 8 corn tortillas
- Cooking oil to coat pan
- Sour cream to taste
- Salsa to taste
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Cook beans and mix gently with MannaPack Rice, diced onion, peppers, garlic, parsley, cheese and green onion. Toast tortillas and add approximately 2 Tbsp of the mixture to each. Garnish with sour cream and salsa if desired. Taquitos may be toasted in a pan with oil after being filled if a crispy tortilla is preferred.

TAQUITOS DE ARROZ

- 1 MannaPack Arroz
- 4 tazas de frijoles rojos o negros
- 1 cebolla amarilla entera, cortada en cubitos
- 1 pimiento verde o rojo entero, cortado en cubitos
- 1 diente de ajo, picado
- 1 manojo de perejil, picado
- 1 taza de queso rallado
- 1 manojo de cebolla verde picada fina
- 8 tortillas de maíz
- Aceite de cocina para cubrir la sartén
- Crema agria al gusto
- Salsa al gusto
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Cocine los frijoles y mezcle suavemente con MannaPack Arroz, cebolla picada, pimientos, ajo, perejil, queso y cebolla verde. Tueste las tortillas y agregue aproximadamente 2 cucharadas de la mezcla a cada una. Adorne con crema agria y salsa si lo desea. Los taquitos se pueden tostar en una sartén con aceite después de llenarlos si se prefiere una tortilla crujiente.

RICE TOSTADA

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups red or black beans
- 1 whole yellow onion, diced
- 2 zucchini, diced
- 1 bunch green onion, chopped fine
- 1 head lettuce, shredded
- 4 corn tortillas, fried
- 1 jalapeño, sliced (optional)
- 1 bunch cilantro, chopped
- Cooking oil to coat pan
- Sour Cream to taste
- Salsa to taste
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. In a separate pan add oil and sauté onion, garlic and zucchini over medium heat. Season with salt and pepper to taste. In a bowl, combine lettuce, green onion, cilantro and sautéed vegetables. Cook beans and mash. Place crispy tortilla shell on plate and spread beans on top. Scoop MannaPack Rice on the tortilla and top with lettuce and sautéed vegetables. Garnish with sour cream, salsa or chilis.

ARROZ TOSTADA

- 1 MannaPack Arroz
- 4 tazas de frijoles rojos o negros
- 1 cebolla amarilla entera, cortada en cubitos
- 2 calabacines, cortados en cubitos
- 1 manojo de cebolla verde, picada fina
- 1 cabeza de lechuga, rallada
- 4 tortillas de maíz, fritas
- 1 jalapeño en rodajas (opcional)
- 1 manojo de cilantro, picado
- Aceite de cocina para cubrir la sartén
- Crema agria al gusto
- Salsa al gusto
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. En una sartén aparte, agregue el aceite y saltee la cebolla, el ajo y el calabacín a fuego medio. Sazone con sal y pimienta al gusto. En un tazón, combine la lechuga, la cebolla verde, el cilantro y las verduras salteadas. Cocine los frijoles y convertirlos en puré. Coloca la tortilla crujiente en el plato y extiende los frijoles encima. Agregue MannaPack Arroz sobre la tortilla y cubra con lechuga y vegetales salteados. Decorar con crema agria, salsa o chile.

CHICKEN & HAM RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 whole onion, diced
- 1 Tbsp garlic, sliced
- 1 bunch cilantro, whole leaves
- 4 pieces celery, diced small
- Cooking oil to coat pan
- 1 green pepper, diced
- ¼ cup ketchup
- 1 cup ham, diced
- 1 pound chicken
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Cook chicken and dice or pull apart. In a separate pan add oil and sauté onion, garlic, green pepper, celery, chicken and diced ham. Once cooked and tender add to MannaPack Rice and stir gently with ketchup. Garnish with cilantro. Serve hot.

ARROZ CON POLLO Y JAMÓN

- 1 MannaPack Arroz
- 1 cebolla entera, cortada en cubitos
- 1 cucharada de ajo, en rodajas
- 1 manojo de cilantro, hojas enteras
- 4 piezas de apio, en cubitos pequeños
- Aceite de cocina para cubrir la sartén
- 1 pimiento verde cortado en cubitos
- ¼ taza de salsa de tomate
- 1 taza de jamón, cortado en cubitos
- 1 libra de pollo
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Cocine el pollo y desmenúcelo. En una sartén aparte, agregue el aceite y saltee la cebolla, el ajo, el pimiento verde, el apio, el pollo y el jamón cortado en cubitos. Una vez cocido y tierno, agréguelo al MannaPack Arroz y revuelva suavemente con salsa de tomate. Decorar con cilantro. Servir caliente.

RICE & FRUIT

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- ½ cup raisins
- 2 cups milk
- 1 dash vanilla
- ½ cup mango, diced
- ½ cup orange segments
- ¼ cup almonds, sliced
- 1 small pinch cinnamon
- Salt to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Add milk, cinnamon, vanilla and raisins. Season with salt as needed. Garnish with fruit and almonds. Serve warm or cold.

ARROZ CON FRUTA

- 1 MannaPack Arroz
- ½ taza de pasas
- 2 tazas de leche
- 1 pizca de vainilla
- ½ taza de mango, cortado en cubitos
- ½ taza de segmentos de naranja
- ¼ taza de almendras en rodajas
- 1 pizca pequeña de canela
- Sal al gusto

Cocine MannaPack Arroz como se indica en el paquete. Agregue leche, canela, vainilla y pasas. Sazone con sal según sea necesario. Decorar con frutas y almendras. Servir caliente o frío.

FRIED RICE CAKES

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 cup breadcrumbs
- 1 clove garlic, chopped
- 1 bunch parsley, chopped
- 1 egg
- 1 cup peas
- 1 cup carrots, diced
- 1 bunch green onion, sliced

INSTRUCTIONS

Cook MannaPack Rice as instructed on package and set aside to cool. In a bowl, mix garlic, breadcrumbs, egg, peas, carrots, parsley, green onion and MannaPack Rice. Mix with hands to combine ingredients evenly and form medium sized patties. Cook the patties in the oven or fry until hot all the way through. Pair with beans, eggs and avocado if desired. Serve hot.

TORTAS DE ARROZ FRITO

- 1 MannaPack Arroz
- 1 taza de pan rallado
- 1 diente de ajo, picado
- 1 manojo de perejil, picado
- 1 huevo
- 1 taza de guisantes
- 1 taza de zanahorias, cortadas en cubitos
- 1 manojo de cebolla verde, en rodajas

Cocine MannaPack Arroz como se indica en el paquete y déjelo enfriar. En un tazón, mezcle ajo, pan rallado, huevo, guisantes, zanahorias, perejil, cebolla verde y MannaPack arroz. Mezclar con las manos para combinar los ingredientes de manera uniforme y formar empanadas medianas. Cocina las empanadas en el horno o fríelas hasta que estén bien calientes. Combínalo con frijoles, huevos y aguacate si lo deseas. Servir caliente.

BEEF & RICE BAKE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 4 cups red or black beans
- 1 whole yellow onion, diced
- 1 pound ground beef
- 2 zucchini, diced
- 2 Tbsp vegetable oil
- Cooking oil to coat pan
- 1 bunch green onion, chopped fine
- 1 head lettuce, shredded
- 1 jalapeño, sliced (optional)
- 1 bunch cilantro, chopped
- Sour cream to taste
- Salsa to taste
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Set aside to cool. Cook beans and mash. Sauté ground beef, zucchini, onion, cilantro and beans in oil. When MannaPack Rice has cooled assemble in a baking dish or pan. Put ½ of MannaPack Rice on the bottom of the dish and spread evenly. Next, layer beef mix on top and spread evenly. Top with cheese and cover with second half of MannaPack Rice and spread evenly. Put dish in oven to heat through. Serve with green onion, salsa, jalapeño, sour cream and shredded lettuce if desired.

CARNE DE RES Y ARROZ

- 1 MannaPack Arroz
- 4 tazas de frijoles rojos o negros
- 1 cebolla amarilla entera, cortada en cubitos
- 1 libra de carne molida
- 2 calabacines, cortados en cubitos
- 2 cucharadas de aceite vegetal
- Aceite de cocina para cubrir la sartén
- 1 manojo de cebolla verde, picada fina
- 1 cabeza de lechuga, rallada
- 1 jalapeño en rodajas (opcional)
- 1 manojo de cilantro, picado
- Crema agria al gusto
- Salsa al gusto
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Ponga a un lado para enfriar. Cocine los frijoles y convertirlos en puré. Saltee la carne molida, el calabacín, la cebolla, el cilantro y los frijoles en aceite. Cuando el MannaPack Arroz se haya enfriado, ensamble bandeja para hornear. Coloque $\frac{1}{2}$ MannaPack Arroz en el fondo del plato y extienda de manera uniforme. Luego, coloque la mezcla de carne de res en la parte superior para que se distribuya uniformemente. Cubra con queso y cubra con la segunda mitad de MannaPack Arroz y extienda uniformemente. Ponga la bandeja en el horno para calentar. Sirva con cebolla verde, salsa, jalapeño, crema agria y lechuga picada si lo desea.

RICE & EGG TORTA

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 6 eggs
- 2 avocados, sliced
- 1 cup melting cheese
- Lettuce, shredded
- 1 tomato, sliced
- 1 onion, sliced
- Mayonnaise to taste
- Ketchup to taste
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Crack eggs and whisk with a fork. Add eggs and melting cheese to MannaPack Rice and stir to combine. In a hot pan let mixture sit until bottom has cooked then flip the pan to cook other side. When the eggs have set up and cooked through, remove from heat and let cool. Place on bun and garnish with lettuce, tomato, onion, mayonnaise, avocados and ketchup if desired. Can also be eaten without a bun.

TORTA DE ARROZ CON HUEVO

- 1 MannaPack Arroz
- 6 huevos
- 2 aguacates, en rodajas
- 1 taza de queso derretido
- Lechuga rallada
- 1 tomate en rodajas
- 1 cebolla, en rodajas
- Mayonesa al gusto
- Salsa de tomate al gusto
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. Rompa los huevos y bata con un tenedor. Agregue los huevos y queso derretido al MannaPack Arroz. En una sartén caliente, deje reposar la mezcla hasta que el fondo se haya cocinado, luego voltee la sartén para cocinarla del otro lado. Cuando los huevos estén listos y cocidos, retira del fuego y deja enfriar. Colocar en pan y decorar con lechuga, tomate, cebolla, mayonesa, aguacate y salsa de tomate si lo desea. También se puede comer sin bollo.

RICE HASH

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 2 potatoes, diced
- 1 whole onion, diced
- 1 Tbsp garlic, sliced
- 1 bunch parsley, chopped
- 4 pieces celery, diced small
- Cooking oil to coat pan
- 1 green pepper, diced
- 1 tsp achiote
- 1 pound chicken giblets, chopped small
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. In a separate pan add oil and sauté onion, garlic, green pepper, celery, chicken giblets and potato over medium heat. Sauté until potatoes are golden brown and tender in the center. Add MannaPack Rice, parsley and achiote to pan and stir gently until combined. Season with salt and pepper to taste. Serve hot.

ARROZ CON PAPAS RALLADAS

- 1 MannaPack Arroz
- 2 papas cortadas en cubitos
- 1 cebolla entera, cortada en cubitos
- 1 cucharada de ajo, en rodajas
- 1 manojo de perejil, picado
- 4 piezas de apio, picado en cubitos pequeños
- Aceite de cocina para cubrir la sartén
- 1 pimiento verde, cortado en cubitos
- 1 cucharadita de achiote
- Menudillos de pollo de 1 libra, picados pequeños
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. En una sartén aparte, agregue el aceite y saltee la cebolla, el ajo, el pimiento verde, el apio, los menudillos de pollo y la papa a fuego medio. Saltee hasta que las papas estén doradas y tiernas en el centro. Agregue MannaPack Arroz, perejil y achiote a la sartén y revuelva suavemente hasta que se combinen. Sazone con sal y pimienta al gusto. Servir caliente.

RICE & BEEF CURRY

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 head cauliflower, cut small
- 1 whole yellow onion, diced
- 2 cloves garlic, sliced
- 1 jalapeño, diced small
- 1 green pepper, diced
- 4 Tbsp curry powder
- 1 Can coconut milk
- Cooking oil to coat pan
- Yogurt to taste
- 1 bunch green onion, chopped fine
- 1 bunch cilantro, chopped
- Salt and pepper to taste

INSTRUCTIONS

Cook MannaPack Rice as instructed on package. In a separate pan add oil and sauté onion, green pepper, garlic, cauliflower and jalapeño over medium heat. When cauliflower is tender, add curry powder and sauté for 2-3 minutes. Add coconut milk, green onion and cilantro. Season with salt and pepper to taste. Top with yogurt if desired.

ARROZ Y CARNE AL CURRY

- 1 MannaPack Arroz
- 1 cabeza de coliflor, cortada pequeña
- 1 cebolla amarilla entera, cortada en cubitos
- 2 dientes de ajo, en rodajas
- 1 jalapeño, cortado en cubitos pequeños
- 1 pimiento verde, cortado en cubitos
- 4 cucharadas de curry en polvo
- 1 lata de leche de coco
- Aceite de cocina para cubrir la sartén
- Yogurt al gusto
- 1 manojo de cebolla verde, picada fina
- 1 manojo de cilantro, picado
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. En una sartén aparte, agregue el aceite y saltee la cebolla, el pimiento verde, el ajo, la coliflor y el jalapeño a fuego medio. Cuando la coliflor esté tierna, agregue el curry en polvo y saltee durante 2-3 minutos. Agregue la leche de coco, la cebolla verde y el cilantro. Sazone con sal y pimienta al gusto. Agregue yogurt encima si lo desea.

NOPALES & RICE

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 1 pound nopales
- 1 bunch cilantro, chopped
- 1 clove garlic, chopped
- 1 small yellow onion, diced small
- 1 red pepper, diced small
- Cooking oil to coat pan

INSTRUCTIONS

Cook nopales and dice. Heat oil in pan over medium heat. Add nopales stirring until hot. Add onions, garlic, and red pepper. Continue stirring for approximately 5 minutes. Cook MannaPack Rice as instructed on package, using 4x the amount of water. Combine with mixture and stir in cilantro. Remove from heat and season with salt and pepper to taste. Serve hot.

NOPALES Y ARROZ

- 1 MannaPack Arroz
- 1 libra de nopales
- 1 manojo de cilantro, picado
- 1 diente de ajo, picado
- 1 cebolla amarilla pequeña, cortada en cubitos
- 1 pimiento rojo, cortado en cubitos pequeños
- Aceite de cocina para cubrir la sartén

Cocine los nopales y cortar en cubitos. Caliente el aceite en la sartén a fuego medio. Agregue nopales revolviendo hasta que esté caliente. Agregue las cebollas, ajo y pimiento rojo. Continúe agitando durante aproximadamente 5 minutos. Cocine MannaPack Arroz como se indica en el paquete, usando 5.6 L de agua. Combine con la mezcla y agregue cilantro. Retirar del fuego y sazonar con sal y pimienta al gusto. Servir caliente.

RICE & TOMATO SOUP

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 20 tomatoes, diced
- 5 cloves garlic, chopped
- 2 yellow onion, diced
- 3 tsp oregano, chopped or dried
- 1 tsp vegetable oil
- ½ gallon water or chicken consommé
- Salt and pepper to taste

INSTRUCTIONS

Heat oil in pan over medium heat. Add onions and garlic and cook until tender. Add tomatoes and oregano and cook for 20-30 minutes. Add water or chicken consommé and season to taste. Cook MannaPack Rice as instructed on package, using 4x the amount of water. Combine with cooked soup and stir to combine. Serve hot.

SOPA DE TOMATE CON ARROZ

- 1 MannaPack Arroz
- 20 tomates cortados, en cubitos
- 5 dientes de ajo, picados
- 2 cebolla amarilla, cortada en cubitos
- 3 cucharaditas de orégano, picado o seco
- 1 cucharadita de aceite vegetal
- ½ galón de agua o consomé de pollo
- Sal y pimienta al gusto

Cocine MannaPack Arroz como se indica en el paquete. En una sartén aparte, agregue el aceite y saltee la cebolla, el pimiento verde, el ajo, la coliflor y el jalapeño a fuego medio. Cuando la coliflor esté tierna, agregue el curry en polvo y saltee durante 2-3 minutos. Agregue la leche de coco, la cebolla verde y el cilantro. Sazone con sal y pimienta al gusto. Agregue yogurt encima si lo desea.

STUFFED ZUCCHINI

MANNAPACK™ RICE



INGREDIENTS

- 1 MannaPack Rice
- 3 seeded zucchini squash, cut in half
- 1 cup melting cheese

INSTRUCTIONS

Cook MannaPack Rice as instructed on package, using 4x the amount of water. Mix MannaPack Rice and cheese. Fill squash halves and bake until squash is tender and cooked. Serve hot.

CALABACÍN RELLENO

- 1 MannaPack Arroz
- 3 calabacines sin semillas, cortados por la mitad
- 1 taza de queso derretido

Cocine MannaPack Arroz como se indica en el paquete, usando 5.6 L de agua. Mezclar queso y MannaPack Arroz. Rellene las mitades de los calabacines y hornee hasta que la calabaza esté tierna y cocida. Servir caliente.



FMSC
CENTRAL & SOUTH
AMERICA
RECIPES

MANNAPACK™ POTATO-W

INSTRUCTIONS



Combine contents of package
with 1.25 L (about 5 ¼ cups)
boiled or potable water or
other potable liquid.



Stir.



Allow to cool, as needed.
Add more or less water
to vary consistency.
Makes 12 - 1/6 cup servings.



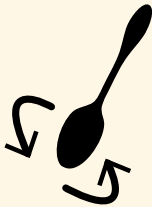
FMSC
CENTRAL & SOUTH
AMERICA
RECIPES

MANNAPACK™ POTATO-D

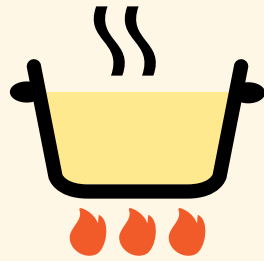
INSTRUCTIONS



Add contents of package to
1.25 L (about 5 ¼ cups)
of boiled or potable water
or other potable liquid.



Stir.



Allow to cool, as needed.
Add more or less water
to vary consistency.
Makes 12 - 1/6 cup servings.

CONCLUDING THOUGHTS FROM CHEF



There are times in life when you have to make a choice: the choice either to accept what you have and be comfortable and content in your place, or to break out on an adventure, take a risk and accept a challenge. By choosing the latter, you give life your all and know that you could make a difference in the life of a person who goes on to change the world. Nowhere have I been tested on my fundamentals and principles as they pertain to my life's philosophy as much as in Tijuana, Mexico, where I stumbled upon a group of people truly dedicated to the betterment of the less fortunate. This group supports over 60 orphanages throughout Tijuana alone by facilitating the procurement of goods such as medical supplies, produce and most importantly, MannaPack™ products. In our work with MannaPack™ products, we discovered that they were underutilized, and if I could offer my experience from living in developing countries, coupled with a lifetime career in culinary arts, we could make a difference and create positive change.

They say in life we know not when or why opportunity comes, but we can be sure that it will. I reached out to Feed My Starving Children and pitched a plan, one that would give people options to take the nutrition that MannaPack™ products provide and transform it into different meals using locally sourced, nutrient dense and affordable ingredients. Our belief as chefs is that access to healthy food is, at its very basic fundamentals, the most important human right. Food has become seemingly more so a privilege, and our aim is to help even the playing field as best we can by collaborating with Feed My Starving Children and its partners to eliminate hunger. While hungry is a word many of us often use, starving is one most of us will never know. We are blessed to have the opportunity to work with such an amazing team of driven givers who answered the door and said yes. With them, we will depart from the routine, normal and comfortable to take a leap of faith into the unknown and give of ourselves to those most in need.

– **Chef Matthew Beaudin**



CHEF BIOGRAPHY



• Chef Matthew Beaudin •

After earning his associate degree in culinary arts from the Culinary Institute of America, Matthew Beaudin fiercely pursued his passion for cooking by working around the globe, holding chef positions in the Caribbean, China, the West Indies and Rwanda as well as each geographical food region within the United States. He began his commitment to sustainability and culinary education during his work in the village of Musanze, Rwanda, and maintains strong ties with the community through his School for the Arts (The Volcano Arts Studio). Matthew has run kitchens at jungle base camps, on private islands and at restaurants perched 10,000 feet up the side of a volcano.

Influenced by his travels, Matthew has honed his techniques and expertise back home in the United States at such prestigious five-star, five-diamond properties as the Omni Mount Washington Resort in Bretton Woods, New Hampshire; The Broadmoor Hotel in Colorado Springs, Colorado and The

Ritz-Carlton in Sarasota, Florida and is currently the Executive Chef of the Monterey Bay Aquarium. His experiences have enabled him to acquire a well-rounded palate, mixing his global travels with modern American cuisine deeply rooted in farm-to-table principles and the ever increasing importance of food with a future.

In addition to the daily demands of his position as the Executive Chef at the Monterey Bay Aquarium, Chef Matthew finds joy and fulfillment in traveling to Mexico where he has the honor and privilege of working with children at local orphanages, such as Casa Eunime, as well as the School for the Deaf. He is also currently working with municipal operations to improve the nutritional opportunities and quality of life for these children.

CHEF BIOGRAPHY



• Chef Adam Young •

Adam Young grew up living on an apple orchard surrounded by sprawling strawberry fields in Watsonville, CA. Fall time rotten apple fights are still some of his most fond childhood memories today. The time Chef spent in and around the produce basket of America would silently begin to shape his career having access to the best and freshest produce in the world. Adam would soon learn in his budding career that Fresh local produce and product is a blessing that not all Chefs have access to and one he wanted to share with the world.

Chef Adams career began at 15 working his way up from the bottom in the culinary trenches. In 2005 Adam participated in a 2 year culinary program in Aptos, CA and has worked in many notable restaurants from Santa Cruz to San Luis Obispo finding his home for the last 7 years at the Monterey Bay Aquarium. Having quite a diverse background chef has run the gamut from high end catering focused on working with local and traveling celebrity Chefs to executing dinners at exciting and

often exotic locations. Most notably Chef Adam has participated in prestigious events across the United States to include Pebble Beach Food and Wine, Los Angeles Food and Wine and Baja California's Valle Guadalupe Food and Wine to name a few. During his time at the Monterey Bay Aquarium Chef has played an instrumental role in dynamic changes to the food program around sustainability and supporting local food providers with in a 60 mile radius going so far as to create culinary partners that produce dairy, eggs, cheese, small batch meat and even organic produce all coming from one farm in Tres Pinos, CA with a zero waste initiative.

Being able to work directly with the farmers has greatly influenced his philosophy on food and the appreciation for the dedicated farmers that work every day to supply the best products reminding him every day of those rotten apple fights and just how lucky he has been to live in the most incredible food valley in the world!



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