

••Speedy••Suppers

Basil Rice and Tomato Soup

Serves: 4 (1 1/4 cups each)

- 1 bag steamers brown rice
- 1/2 cup heavy cream
- 1 jar (24 ounces) pasta sauce
- 1/4 cup fresh basil, chopped

Prepare rice according to package directions.

In a large microwave-safe bowl, combine pasta sauce, cream and basil.

Cover loosely and microwave on HIGH for 5 minutes, or until heated through.

Stir in prepared rice.

Tips:

- If a thinner soup is desired, add 1 cup heated chicken broth.
- Serve with cheese crostini and olive tapenade.
- Top with shredded Parmesan cheese.

Easy Arroz con Pollo

Serves: 4

- 1 bag steamers Spanish rice
- 1 cup frozen peas and carrots, thawed
- 1 small tomato, diced
- 6 ounces (about 1 cup) cooked, diced chicken
- 1/4 cup sliced Spanish olives, sliced
- 1 green onion, sliced

Prepare rice according to package directions.

In medium microwave-safe dish combine rice, peas and carrots, tomato and chicken. Microwave on HIGH for 2 minutes. Add olives.

Tip:

- Garnish with green onions.

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Kynan C. Trail, MD, FACS

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