



Fall Favorite Rice Recipes



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Meal Recipes





Brazilian Shrimp Stuffed Pumpkin



6



55 mins

Instructions

- 1** Preheat oven to 375° F. Cut out top of pumpkin. Scoop out pulp and seeds; discard. Brush inside of pumpkin with 2 tbsp of the oil; season with 1/2 tsp each salt and pepper. Place cut side down on parchment paper-lined baking sheet. Roast for 30 to 35 minutes or until tender but still firm.
- 2** Meanwhile, heat the remaining oil in a large skillet set over medium heat; cook onions, garlic and jalapeño for 3 to 5 minutes or until slightly softened. Add shrimp, and remaining salt and pepper; cook for 3 to 5 minutes or until shrimp start to curl and turn pink. Stir in tomato paste and diced tomatoes; bring to boil. Remove from heat. Stir in cream cheese and half of the Cheddar cheese and cilantro.
- 3** Spoon shrimp mixture into roasted pumpkin; sprinkle with remaining Cheddar. Bake for 15 to 20 minutes or until Cheddar melts and pumpkin is very tender.
- 4** Meanwhile, prepare rice according to package directions. Serve stew on a bed of brown rice. Sprinkle with remaining cilantro.

Ingredients

- 2 cups Mahatma® Brown Rice
- 1 small sugar pumpkin
- 1/4 cup olive oil, divided
- 1 tsp salt, divided
- 1 tsp pepper, divided
- 1 onion, diced
- 3 cloves garlic, minced
- 2 jalapeño peppers, seeded and diced
- 2 lb peeled deveined large shrimp, tail removed
- 1/4 cup tomato paste
- 1 can (14 oz) diced tomatoes
- 8 oz brick-style plain cream cheese, cut into cubes
- 2 cups aged Cheddar cheese, shredded and divided
- 1/4 cup cilantro, finely chopped and divided

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Pumpkin Coconut Rice Soup



Instructions

- 1 Heat rice according to package directions.
- 2 In a medium saucepan, whisk together pumpkin puree, chicken broth, coconut milk, and curry powder; bring to a boil. Reduce heat to medium and cook for 3 to 5 minutes or until flavors marry. Stir in cooked rice, maple syrup, and lime juice. Cook for 2 to 3 minutes or until heated through.
- 3 Sprinkle with green onions.

Recipe Tip

If you're carving jack-o-lanterns in the fall, reuse every bit of your pumpkin by caving the inner seeds. Clean them well with water, and when they are dry toss them in a skillet with 1 tbsp of coconut oil and salt. Keep an eye on them as they will brown quickly but make sure they crisp up and enjoy for a great on-the-go snack.

To make this option completely vegetarian, substitute chicken broth with vegetable broth.

Ingredients

- 1 pkg (each 8.8 oz) Mahatma® Ready to Heat Jasmine White Rice
- 1 can (29 oz) pure pumpkin puree (or 2 - 15 oz cans)
- 1 can (15 oz) chicken broth
- 1 can (14 oz) coconut milk
- 2 tbsp curry powder
- 1 tsp salt
- 2 tbsp maple syrup
- 2 tbsp lime juice
- 2 green onions, thinly sliced

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Yellow Rice with Corn and Pumpkin



30 mins

Instructions

- 1 Heat oil in a large saucepan set over medium heat; cook sage leaves for 2 to 3 minutes or until crisp. Transfer to plate; set aside.
- 2 Add onion, bell pepper and garlic to saucepan; cook for 3 to 5 minutes or until softened. Stir in rice, pumpkin, annatto and sazón seasoning; cook for 2 to 3 minutes or until rice is well coated.
- 3 Stir in broth; bring to boil. Stir in corn and olives.
- 4 Reduce heat to low; cover and cook for 20 minutes or until rice and pumpkin are tender, and most of the liquid is absorbed. Remove from heat. Cover and let stand for 5 minutes.
- 5 Fluff rice mixture with a fork. Garnish with sage leaves.

Recipe Tip

Sweet potatoes, butternut squash, zucchini, acorn squash, and carrots are all great replacements for pumpkin for an easy way to switch things up and use the veggies you already have, or for different flavors you may prefer.

Ingredients

- 2 cups Mahatma® White Rice
- 1/4 cup olive oil
- 1/4 cup packed fresh sage leaves
- 1 onion, diced
- 1 sweet red bell pepper, diced
- 2 cloves garlic, minced
- 2 cups fresh pumpkin, diced
- 1 tbsp ground annatto (achiote)
- 2 tsp sazón seasoning
- 4 cups reduced sodium chicken broth
- 1 cup frozen corn kernels
- 1/2 cup pimiento-stuffed olives

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Yellow Rice with Butternut Squash



8



35 mins

Instructions

- 1 Heat oil in large saucepan set over medium heat; cook onion, garlic, ginger, cumin, salt and pepper for 3 to 5 minutes or until softened. Stir in vegetable broth, butternut squash and turmeric; bring to boil. Reduce heat to low; cover and cook for 10 minutes.
- 2 Stir in rice; cover and cook for 10 minutes. Stir in kale; cover and cook for about 5 minutes or until butternut squash is tender, rice is tender and most of the liquid has been absorbed. Remove from heat. Cover and let stand for 5 minutes.
- 3 Fluff rice with fork. Stir in lemon juice and sprinkle with parsley.

Recipe Tip

If you're looking to add a bit more protein, add in cooked shredded chicken, beef or other plant-based options like garbanzo beans or tofu.

Ingredients

- 2 cups Mahatma® Basmati Rice
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp minced fresh gingerroot
- 1 tsp ground cumin
- 1/2 tsp each salt and pepper
- 4 cups vegetable broth
- 2 cups diced butternut squash
- 1 tbsp ground turmeric
- 4 cups loosely packed chopped kale
- 2 tbsp lemon juice
- 2 tbsp finely chopped fresh parsley

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Stuffed Squash with Pork, Rice and Apple



12



90 mins

Instructions

- 1 Preheat oven to 400°F. Cut each butternut squash in half lengthwise and scrape out seeds with a spoon. Brush with oil; season with 1/2 tsp each salt and pepper. Place squash halves cut side down on parchment paper-lined baking sheet.
- 2 Bake for 45 to 60 minutes or until tender; let cool slightly. Using a large spoon, scoop out pulp, leaving a 1-inch border all around. Chop pulp; set aside.
- 3 Meanwhile, melt butter in a large saucepan set over medium heat; cook onion and garlic for 4 to 5 minutes or until softened. Add pork, celery, bell pepper, apple, thyme, and remaining salt and pepper; cook for 5 to 8 minutes or until pork is browned and vegetables are softened.
- 4 Stir in rice and broth; bring to boil. Cover and cook for 15 to 20 minutes or until rice is tender, pork is cooked and most of the liquid is absorbed. Remove from heat; cover and let stand for 5 minutes.
- 5 Fluff rice mixture with a fork; mix in reserved squash, Parmesan, olives and raisins. Divide rice mixture among squash shells; top with Monterey Jack, pumpkin seeds and green onions.
- 6 Place stuffed squash on large parchment paper-lined baking sheet; bake in 400 °F oven for 15 to 20 minutes or until cheese is golden and filling is heated through. Garnish with parsley.

Ingredients

- 3/4 cups Mahatma® Jasmine Rice
- 2 butternut squashes (about 2 1/2 lb each)
- 2 tbsp olive oil
- 1 tsp salt, divided
- 1 tsp pepper, divided
- 1/4 cup butter
- 1/2 onion, diced
- 2 cloves garlic, minced
- 4 oz lean ground pork
- 1 stalk celery, diced
- 1/2 red bell pepper, diced
- 1/2 apple, diced
- 1 tbsp finely chopped fresh thyme
- 1 1/2 cups reduced sodium chicken broth
- 1/4 cup grated Parmesan cheese
- 1/4 cup pitted green olives
- 1/4 cup raisins
- 1 cups shredded Monterey Jack cheese
- 1/4 cup pumpkin seeds
- 2 green onions, thinly sliced
- 2 tbsp fresh parsley, finely chopped

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Roasted Harvest Veggie Paella



6



60 mins

Instructions

- 1 Preheat oven to 425°F. Toss together Brussels sprouts, squash, carrots, parsnips, 3 tbsp olive oil, and 1/2 tsp each salt and pepper. Arrange on large parchment paper-lined baking sheet; bake for 25 to 30 minutes or until golden brown and tender. Set aside.
- 2 Meanwhile, stir together white wine and saffron threads; let steep for 10 minutes. Set aside.
- 3 Heat remaining oil in large high-sided skillet set over medium heat; cook onion, bell pepper, thyme, rosemary, garlic, and remaining salt and pepper for 3 to 5 minutes or until slightly softened.
- 4 Stir in rice and smoked paprika; cook for 2 to 3 minutes or until well coated. Stir in broth and wine mixture; bring to boil. Reduce heat to medium-low; cook for 10 minutes.
- 5 Stir in roasted vegetables and tomatoes; cook for 8 to 10 minutes or until most of the liquid is absorbed, rice is tender and veggies are heated through.

Recipe Tip

Sprinkle with parsley and lemon juice before serving.

Ingredients

- 1 1/2 cups Mahatma® Authentic Parboiled Medium Grain Rice for Paella
- 1/2 lb Brussels sprouts, trimmed and halved
- 3 cups chopped butternut squash
- 2 carrots, chopped
- 2 parsnips, chopped
- 1/3 cup olive oil, divided
- 1 tsp each salt and pepper, divided
- 1 cup dry white wine
- 1/2 tsp saffron threads
- 1 onion, diced
- 1 red bell pepper, diced
- 2 tbsp finely chopped fresh thyme
- 1 tbsp finely chopped fresh rosemary
- 4 cloves garlic, thinly sliced
- 1 tsp smoked paprika
- 3 1/2 cups sodium-reduced vegetable broth
- 2 plum tomatoes, diced
- 2 tbsp finely chopped fresh parsley
- 1 tbsp lemon juice

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Creamy Mushroom and Rice Soup Recipe



6-8



30 mins

Instructions

- 1 Heat oil in large pot over medium heat; cook onion for 3 to 5 minutes or until softened.
- 2 Increase heat to medium-high; cook mushrooms and garlic for 4 to 5 minutes or until mushrooms are softened and begin to brown.
- 3 Add chicken broth, coconut milk, rice and salt; bring to simmer. Cook for 20 to 25 minutes or until rice is tender.
- 4 Stir in lemon juice, chives and parsley.

Recipe Tip

Use vegetable broth instead of chicken broth for a vegan variation.

Use leftovers from any holiday event like Thanksgiving for this soup. You can also refrigerate any remaining soup for future meals. The soup will likely separate; slowly reheat soup on the stovetop to avoid potentially scorching in the microwave.

Ingredients

- 1 cup Mahatma® Jasmine Rice
- 3 tbsp olive oil
- 1 onion, chopped
- 1 lb mushrooms, sliced
- 2 tsp garlic, minced
- 4 cups chicken broth
- 1 can (14.5 oz) coconut milk
- 1/2 tsp salt
- 2 tbsp lemon juice
- 1 tbsp fresh chives, chopped
- 1 tbsp fresh parsley, chopped

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Truffle Risotto



8



45 mins

Instructions

- 1 Bring broth to boil in saucepan set over high heat. Reduce heat to low to maintain heat.
- 2 Melt 2 tbsp butter in large high-sided skillet set over medium-high heat; cook mushrooms, and 1/4 tsp each salt and pepper for 8 to 10 minutes or until tender and starting to brown. Remove from pan.
- 3 Reduce heat to medium. Add remaining butter to skillet; cook shallots for 3 to 5 minutes or until tender. Stir in rice, and remaining salt and pepper. Cook, stirring, for 2 or 3 minutes or until rice is well coated.
- 4 Add wine; cook, stirring frequently, for 2 to 3 minutes or until most of the liquid is absorbed.
- 5 Add 1 cup broth to skillet; cook, stirring frequently, until all of the broth is absorbed. Cook for about 15 minutes, gradually adding remaining broth, 1 cup at a time, and stirring frequently after each addition until all of the broth is absorbed before the next addition. Stir in asparagus and sautéed mushrooms; cook for 10 to 15 minutes or until asparagus and rice are tender.
- 6 Remove from heat; stir in Parmesan and lemon juice. (If risotto is too thick, stir in more broth or water.) Sprinkle with chives and drizzle with truffle oil. Serve with extra Parmesan. Serve immediately.

Ingredients

- 2 cups Mahatma® Medium Grain Arborio Rice for Risotto
- 6 cups sodium-reduced chicken broth (approx.)
- 3 tbsp unsalted butter, divided
- 1 lb shimeji mushrooms
- 3/4 tsp salt and pepper, divided
- 2 shallots, diced
- 1 cup dry white wine
- 1 lb asparagus, trimmed and chopped
- 1/2 cup grated Parmesan cheese, plus more for serving
- 1 tbsp lemon juice
- 2 tbsp finely chopped fresh chives
- 2 tbsp truffle oil, or to taste

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Desserts





Rice Crème Caramel with Pumpkin



65 mins

Instructions

- 1 Preheat oven to 325° F. Prepare rice according to package directions.
- 2 In a small heavy-bottom saucepan set over medium heat, combine water, sugar and corn syrup. Cook, swirling pan occasionally, for 6 to 8 minutes or until sugar is dissolved and caramel is deep amber color.
- 3 Immediately pour caramel into eight 6-oz ramekins, swirling to spread the caramel evenly over bottom. Let stand until caramel is set.
- 4 Prepare a water bath by laying a tea towel in the bottom of a large roasting pan (to prevent ramekins from moving as they bake). Fill kettle with water and bring to boil.
- 5 In a heavy-bottom saucepan set over medium heat, combine milk, condensed milk and grated ginger; bring to boil. Stir in cooked rice, pumpkin purée, ground ginger, vanilla, cinnamon, nutmeg and cloves; return to boil.
- 6 Meanwhile, in a bowl, whisk eggs with egg yolks. While whisking constantly, gradually pour 1/2 cup of the hot rice mixture into eggs. Once blended, slowly whisk in the remaining rice mixture. Pour evenly over caramel in ramekins.
- 7 Place ramekins in prepared roasting pan. Pour in enough hot water to come halfway up sides of ramekins. Bake for 35 to 45 minutes or just until set and no longer wobbly in the center. Carefully remove from oven. Let cool to room temperature. Refrigerate for at least 4 hours or until well chilled.

Ingredients

- 1/2 cup Mahatma® Jasmine Rice
- 1 tablespoon water
- 1 cup granulated sugar
- 2 tbsp corn syrup
- 3 cups whole milk
- 1/2 cup sweetened condensed milk
- 1 tbsp fresh ginger, finely grated
- 1/2 cup pumpkin purée
- 1 tsp ground ginger
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp each ground nutmeg
- 1/4 tsp ground cloves
- 3 eggs
- 3 egg yolks

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Pumpkin Spice Latte Rice Pudding



40 mins

Instructions

- 1 To start, combine uncooked Mahatma® White Rice, water, coffee and pumpkin pie spice in a medium saucepan. Bring to a boil.
- 2 Reduce heat, cover and simmer for 20 minutes. Stir in pumpkin puree, milk and sugar, and continue to cook over medium-low heat for 10 minutes. Be sure to stir occasionally.
- 3 Remove from heat and serve warm, topped with whipped cream.

Recipe Tip

Substitute our Mahatma® Brown Rice for Mahatma® White Rice and make this recipe whole grains friendly. This product swap is perfect to introduce whole grains into your meals, without your family even realizing it.

For gatherings and special occasions, sprinkle a bit of cinnamon on top of the whipped cream. With the optimal presentation, this easy-to-follow tip elevates your dessert to a photo-worthy dish.

Ingredients

- 1 cup, uncooked Mahatma® White Rice
- 2 cups water
- 1 cup strong coffee
- 1 tablespoon pumpkin pie spice
- 1 cup pumpkin puree
- 1 cup milk
- 1 cup granulated sugar
- 1 tablespoon vanilla extract
- Whipped cream

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