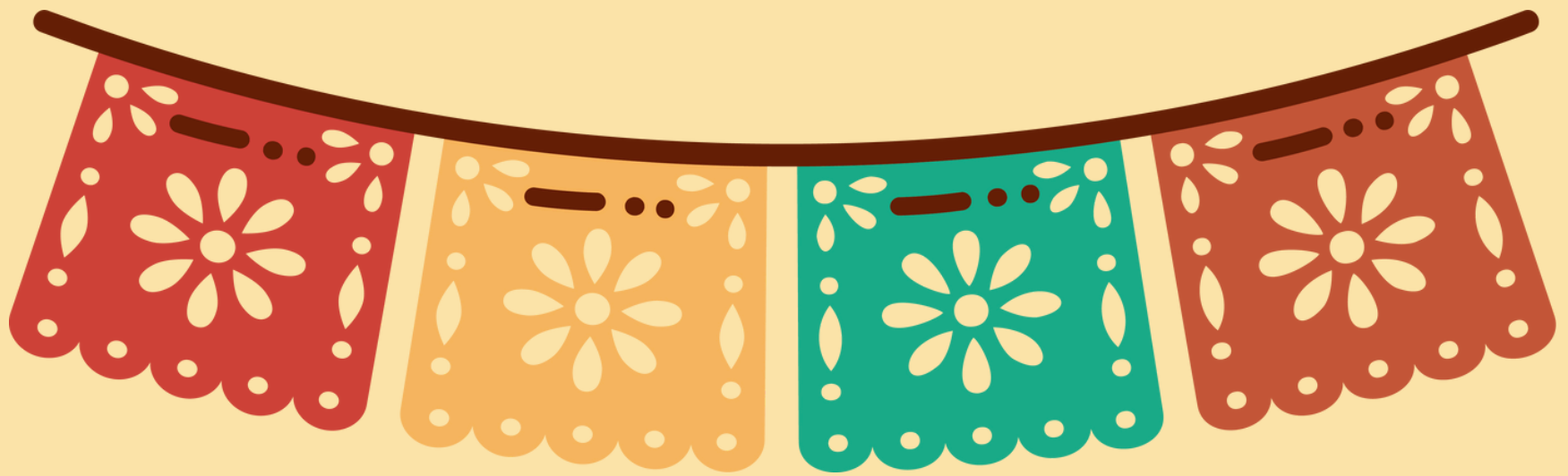


Shelf to Chef



Cozy Mexican Pantry Meal:
Rice, Beans & Sopita de
Conchitas





Ingredients

Sopita

- 1 tablespoon vegetable oil (or any cooking oil)
- 1 cup Moderna conchita pasta (or any pasta)
- 1 (8-ounce) can tomato sauce
- 4 cups water (or chicken broth, if available shelf-stable)
- 1/2 teaspoon chicken bouillon powder (or a bouillon cube, crushed)
- 1/4 teaspoon garlic powder
- Salt and black pepper to taste
- Optional garnishes: crushed tortilla chips or a sprinkle of shelf-stable grated cheese (like Parmesan, if available)



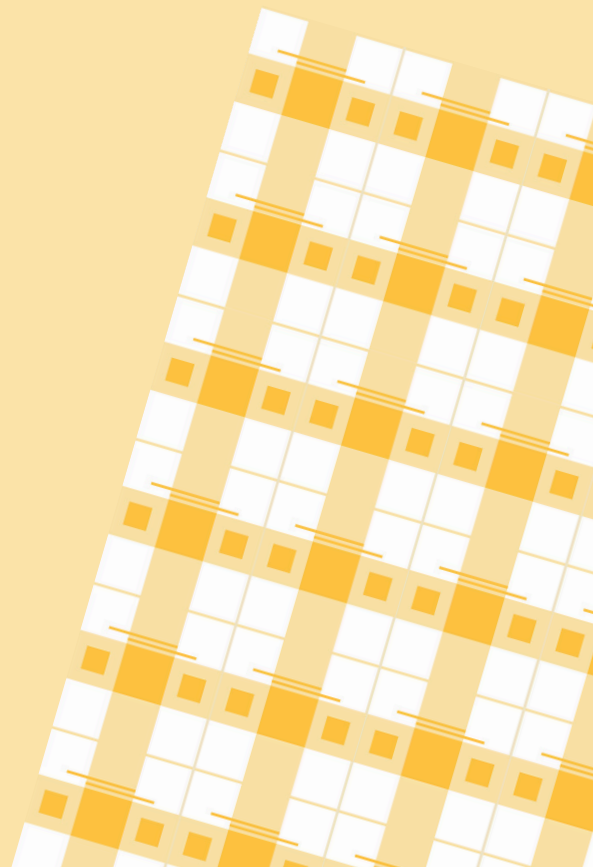
Mexican Rice

- 1 tablespoon vegetable oil (or any cooking oil)
- 1 cup rice
- 1 (8-ounce) can tomato sauce
- 2 cups water (or chicken broth, if available shelf-stable)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon salt (or to taste)



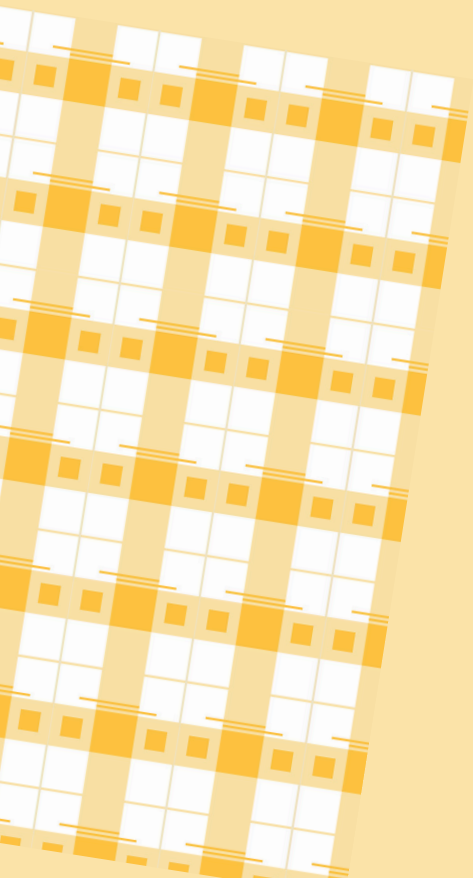
Refried Beans

- 1 tablespoon vegetable oil (or any cooking oil)
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1/4 cup water or bean liquid (from the can, if reserved)
- 1/4 teaspoon garlic powder
- Pinch of salt (optional, as canned beans can be salty)



Sopita Instructions

1. Heat the oil in a medium pot or saucepan over medium heat. Add the Moderna conchita pasta and cook, stirring frequently, until the pasta is lightly golden brown and toasted, about 3-5 minutes. This step is crucial for flavor!
2. Carefully add the tomato sauce to the pot and stir well. Cook for 1 minute, allowing the tomato sauce to slightly caramelize with the pasta.
3. Pour in the water (or broth). Add the chicken bouillon powder (or crushed cube) and garlic powder. Stir well to combine.
4. Bring the soup to a boil, then reduce the heat to low, cover, and simmer for 10-12 minutes, or until the pasta is tender and cooked through.
5. Taste and adjust seasoning with salt and pepper as needed.
6. Serve hot. Garnish with crushed tortilla chips or a sprinkle of shelf-stable cheese if desired.





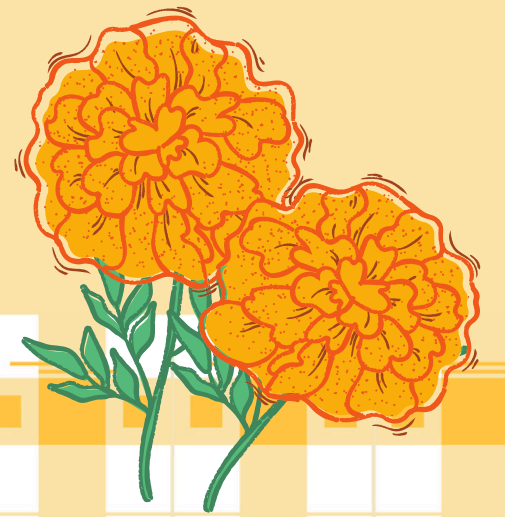
Mexican Rice Instructions

1. Heat oil in a medium saucepan or pot over medium heat. Add the rice and cook, stirring frequently, until the rice is lightly golden brown and toasted, about 3-5 minutes. Be careful not to burn it.
2. Carefully stir in the tomato sauce, water (or broth), garlic powder, onion powder, and salt. Bring the mixture to a boil.
3. Once boiling, reduce the heat to low, cover the pot tightly, and simmer for 18-20 minutes, or until all the liquid has been absorbed and the rice is tender.
4. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork before serving.



Refried Beans Instructions

1. Heat the oil in a medium skillet over medium heat.
2. Add the drained and rinsed pinto beans to the skillet.
3. Using a potato masher or the back of a large spoon, mash the beans directly in the skillet, leaving some whole for texture if desired.
4. Add the water (or bean liquid) and garlic powder. Continue mashing and stirring occasionally, allowing the beans to heat through and thicken to your desired consistency, about 5-7 minutes. If too thick, add a little more water.
5. Taste and add a pinch of salt if needed. Serve hot.





THANK
YOU!

