



**AVAILABLE IN ALL
FOOD CITY STORES**

The Flavor of Heaven in a Jar!



***Incredibly delicious gourmet sauce. IT COMES READY-TO-EAT!!
Put it on rice, pasta, potatoes, vegetables... anything."***

ALL NATURAL • VEGAN • ZERO ADDED SUGAR • GLUTEN-FREE • NO MSG • NO ADDITIVES • NO PRESERVATIVES

DELICIOUS RECIPES USING ROYAL RED STEW

YUMMY WINGS

Needed:

1-16oz Royal Red Stew (any flavor)
2-3 lbs chicken wings – cut up
½ tsp salt

Directions:

Season the chicken wings with salt and/or your favorite seasonings. Place in a pot, cover and boil on medium heat (stirring occasionally) until wings are almost done. Add Royal Red Stew, stir and simmer on low heat for about 20 minutes (stirring occasionally) until wings are fully done. Enjoy the wings by themselves or pour wings and stew over rice, potatoes, pasta, beans, vegetables, etc. It's finger-lickin' good!

ROYAL RED STEW SHRIMP

Needed:

½ cup Royal Red Stew
1 lb. raw shrimp- peeled (also works with cooked shrimp)

Directions:

Heat 4 tbsp of the Royal Red Stew in a frying pan. Add shrimp and stir fry at medium to high heat for about 3 minutes. Add the rest of the stew and simmer for about 5 minutes. Enjoy as an entree or hors d'oeuvres.

JOLLOF RICE (West Africa's most favorite dish)

Needed:

1 cup Royal Red Stew
3 cups cooked rice
Optional items- slightly cooked mixed vegetables, cooked diced meat, cooked shrimp.

Directions:

Use 1 cup of Royal Red Stew for every 3 cups of cooked rice. Mix thoroughly. (You can add optional items such as slightly cooked mixed vegetables, cooked shrimp, cooked diced meat). Steam in a tightly covered pot at low heat for about 30 minutes or bake in a pan covered tightly with foil at 350 F for about 20 minutes. Or heat in the microwave for 5 minutes. (Heat for longer if the quantity of rice is large).

EXPRESS BEEF STEW (OR USE CHICKEN, PORK, LAMB, DEER OR GOAT)

Needed:

1 16oz jar of Royal Red Stew (any flavor)
3-4 lbs beef (or chicken, pork, lamb, deer or goat)
Salt

Directions

Cut beef into small chunks and put in a pot. Sprinkle salt lightly. Cover and boil on medium heat until desired tenderness. (You can add ½ cup of water if the meat you are boiling is not generating its own broth). Add Royal Red Stew, stir and simmer for about 15 minutes. Serve over rice, potatoes, pasta, beans, vegetables, plantain, yams, etc.

ROYAL RED STEW CHILI

Needed:

1 16 oz Royal Red Stew
1 lb. ground beef (or ground turkey)
1 16 oz. can kidney beans
1 medium onions - chopped
1/2 tsp salt
1/2 tsp black pepper
1/2 cup of water
1 tsp garlic

Recipes Continued...

toppings (optional)
shredded cheddar cheese
avocado

Directions:

In a pot, brown ground beef with onions until done. Drain excess grease. Stir in remaining ingredients, except the cheese, avocado and other toppings. Bring to boil. Reduce heat to low and simmer for 20 minutes. Garnish with toppings.

BAKED TILAPIA

Needed:

3 lbs. Tilapia- whole with slits or cut into chunks (you can use other kinds of fish). Brine solution- (mix 1 tbsp of salt per cup of water)
Fresh lemon or lemon juice
1 jar Royal Red Stew (use Spicy Hot or Extra-Extra Hot - if you like it spicy. Use Curry Flavor if you don't like it spicy)

Directions:

Make enough brine solution to cover the fish and keep soaked for 30 minutes. Remove fish from the brine solution and pat dry with a paper towel. Squeeze lemon on all sides of the fish. Let stand for 10 minutes. Pour Royal Red Stew onto fish and marinate all sides and crevices with the stew. Place fish in a baking pan and cover tightly with foil. Bake for 30 minutes at 350F. Remove the pan from the oven and baste the fish with the broth that has been formed. Bake fish uncovered for another 30 minutes. Serve hot with your favorite side dishes.

STEWED FISH WITH BELL PEPPERS

Needed:

Royal Red Stew
Fish fillets (any fish)
Brine solution (1 tablespoon of salt per cup of water)
Fresh lemon or lemon juice
Bell Peppers (sliced)

Directions:

Soak fish fillets in brine solution for 10 minutes (DO NOT SOAK FOR LONGER). Remove from brine solution and pat dry with paper towels. Squeeze fresh lemons onto fish and let stand for 10 minutes. Marinate fish with a generous amount of Royal Red Stew. Place fish in baking pan, spread Royal Red Stew over fish, cover with foil. Bake at 350F for 30 minutes. Remove pan from oven, add bell peppers. Baste fish and bell peppers with broth that has formed. Bake uncovered for 20 minutes.

ROYAL RED STEW WITH MEATBALLS OR SAUSAGE ON PASTA

Needed:

Pasta of any kind
1 lb. Meatballs or sausage (fully cooked)
1 16 oz jar of Royal Red Stew

Directions:

Prepare pasta according to package directions. Combine Royal Red Stew with meatballs or sausage. Simmer for about 20mins. Scoop sauce over pasta and enjoy.

BEEF & POTATOES STEW

Needed:

2 - 3 lbs. Boneless beef (or any meat)
1 16-oz jar Royal Red Stew (any flavor)
4 medium potatoes
1 medium onions- chopped
2 tsp salt
2 tsp garlic

Directions:

Cut beef into chunks and place in pot. Add salt, garlic and onions and stir very well. Do not add water. Cover tightly and heat at medium heat stirring occasionally until meat is done. While meat is cooking, peel potatoes. Cut into chunks, place in separate pot, cover with water, sprinkle with salt Boil

until it is medium done (Do Not Overcook). Drain potatoes and add it to the pot of beef. Add Royal Red Stew to the mixture and simmer for about 15 minutes. Eat it by itself or enjoy with rice, plantain, yam, fufu, etc.

CHICKEN, RICE AND STEW

Needed:

3-4 lbs cut up chicken
1 jar Royal Red Stew
1 tsp garlic
1 tsp salt
1 tsp black pepper
Cooked rice

Directions

Sprinkle salt, garlic, black pepper (you can add your favorite seasonings) on chicken and place in a pot. Cover tightly and boil, stirring occasionally, until chicken is done. Pour Royal Red Stew on chicken and stir. Simmer at low heat for about 20 mins. Scoop stew and chicken over rice. (Tastes great also over potatoes, beans, yam, pasta, etc.).

DELUXE SCRAMBLE EGGS

Needed:

4 eggs
4 tbsp of Royal Red Stew
1 small onions - sliced
1 small green or red bell pepper-sliced
1 tbsp oil

Directions:

Heat oil in a frying pan until hot. Add onions and bell peppers and stir fry briefly. Add Royal Red Stew, stir and simmer for a few minutes. Beat eggs and sprinkle with salt. Add to frying pan mixture. Simmer until egg is formed. Flip the eggs and simmer for about one more minute. Remove from heat and let stand a few minutes. Serve with bread (toasted or untoasted), bagels, pancakes, waffles, fried or boiled plantain, fried or boiled yam, fried/baked or boiled sweet/regular potatoes.

TIPS FOR COOKING RICE

White Rice: Some people like their rice very soft while some like it hard.

The key to cooking great rice is the amount of water used to make it and the length of time one cooks it for. You have to measure the rice and the water so you can know the formula that you like best and be able to replicate it every time. If not satisfied with the hardness or softness of the rice, next time add or reduce the amount of water to achieve the texture that is perfect for you. If you are using any of these types of rice to make Jollof Rice, the rice should be a little harder, i.e. use less water in cooking it.

Jasmine Rice: For every 1 cup of rice use 1 1/2 cups of water: Bring 4 1/2 of cups of water to a boil in a pot that can be covered tightly. Add 2 teaspoons of salt. Add 3 cups of Jasmine rice and stir. When it starts boiling again, reduce the heat to low (setting 1). Cook for 20 minutes.

Parboiled Rice (Uncle Ben's): Start with 2 cups of water for every 1 cup of rice. Bring 4 1/2 cups of water to a boil in a pot that can be covered tightly. Add 2 teaspoons of salt. Add 3 cups of Parboiled Rice and stir. When it starts boiling again, reduce the heat to low (setting 1). Cover Cook for 20 minutes. If not satisfied with the hardness or softness of the rice, next time add or reduce the amount of water to achieve the texture that is perfect for you.

Basmati Rice: Start with 2 cups of water for every 1 cup of rice. Bring 6 cups of water to a boil in a pot that can be covered tightly. Add 2 teaspoons of salt. Add 3 cups of Basmati Rice and stir. Soon after the pot is boiling again, reduce the heat to low (setting 1). Cover tightly. Cook for 20 minutes. If not satisfied with the hardness or softness of the rice, next time add or reduce the amount of water to achieve the texture that is perfect for you.



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