

Box mix side dishes – Rice or Rice Blends

Goya- labeled vegan in the name or a logo on the box!

Fiber Gourmet-LABELED
vegan!!! Appears online only?



Near East



NOT vegan is any title with the word chicken or butter or a cheese reference. Tabouleh is not vegan. CAUTION-the Heat & Eat are NOT vegan.



Old El Paso-

Ben's Ready Rice



NOT vegan is any title with the word chicken or butter or a cheese reference or the Tikka Masala, Rice Pilaf, fried rice, risotto creamy mushroom.

Vigo rice sides – only these 2 are suitable for vegans



Zatarain's -rice or rice and quinoa boxes; regular and low sodium, all sizes



ANYTHING with the word chicken is NOT vegan but the majority of Zatarain's are vegan.

Knorr rice sides – only these 5 are suitable for vegans



Knorr rice that is NOT vegan is the Alfredo, Buffalo, Butter, Butter & Herb, Medley, Mushroom, Stroganoff, Teriyaki and ANYTHING with the word chicken or parmesan or cheese in the title.

Rice a Roni rice sides – only these 5 are suitable for vegans



Rice a Roni rice that is NOT vegan is the Fried rice, Mexican street corn, Mexican, Pilaf, and ANYTHING with the word beef, butter, chicken or parmesan or cheddar or cheese in the title. Basically only 5 of the options are accidentally vegan.

Louisiana-



Ben's Street Food Bowls- this is the ONLY vegan option for the "Street Food"



Minute Rice



The BOXES and the CUPS of Minute Rice of these types are all vegan: Basmati, White, Premium, Jasmine, Brown, Their web site when you click on a product will tell you if it is vegan!

Seeds of Change





Regal Kitchen Foods



<https://regalkitchenstore.com/collections/heat-eat-rice>

Not vegan

Kikkoman fried rice seasoning mix