

SKILLET MEALS

	SAUCE <i>1 can soup plus 1 ½ cans milk or water</i>	MEAT, POULTRY FISH, OR BEANS <i>1 pound or 1 ½ cups "Cooked"</i>	
BREADS & CEREALS <i>1 cup raw</i>	Cream of potato Cream of chicken Cream of celery Cream of mushroom Tomato soup Onion soup ½ to 1-cup cheese can be stirred in at the end of cooking time.	Chopped beef Chopped pork or ham Ground beef Tuna Salmon Mackerel Beans Frankfurters Eggs	VEGETABLES <i>1 ½ to 2 cups canned, cooked, or raw</i>
Macaroni spaghetti Rice Noodles Bulgar			Carrots Peas Corn Green Beans Lima beans Broccoli Spinach Mixed vegetables Celery Green pepper

1. Choose one food from each of the four groups above. Stir together in a skillet.
2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to a boil.
4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes until pasta or rice is tender.
Stir occasionally to prevent rice and pasta from sticking.
5. Makes 4 to 6 servings.

To Bake in oven:

1. Mix all ingredients in a casserole dish and cover tightly.
2. Bake at 350 degrees F. for about one hour.
3. Add extra water, if necessary.



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