



## SALISBURY STEAK DELUXE

Cooking Instructions – 3/10

**Needed at home: 1-2 tbsp oil**

1. Thaw completely in refrigerator.
2. In a large skillet, brown the patties in oil, and drain.
3. Cut lower corner of bag of soup and pour over patties.
4. Cover and cook over low heat for 10-15 minutes or until meat is done.
5. Remove patties to serving platter and spoon sauce over meat.

Serve with mashed potatoes and corn on the cob.



## PAPRIKA SOUR CREAM CHICKEN

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. Sprinkle half of the cracker crumbs into the bottom of a shallow pan, (large enough to hold all chicken pieces), remove chicken from sauce and place on top of crumbs.
3. Sprinkle the remaining crumbs on top of chicken pieces. Melt butter and drizzle on top of chicken.
4. Bake at 300° for 1 hour and 10 minutes, or until juices inside chicken pieces run clear. Garnish with parsley flakes.

Serve with green beans or tossed salad and bread.



## ROSEMARY CHICKEN WITH ARTICHOKE

Cooking Instructions – 3/10

**Needed at home: 2 tablespoons olive oil**

1. Thaw completely in refrigerator.
2. In a large skillet, heat the oil over medium-high heat. Add chicken and rosemary and sauté the chicken, tossing it frequently, until it is no longer pink, 8 to 10 minutes.
3. Reduce the heat to medium, add the artichokes, and heat them through. (3-5 minutes)
4. Serve immediately.

Serve over cooked pasta or couscous and roasted asparagus.



## PARMESAN-CRUSTED TILAPIA

Cooking Instructions - 3/10

**Needed at home: Lemon wedges (optional)**

1. Thaw completely in refrigerator.
2. Place filets on foil lined baking sheet, sprayed with cooking spray.
3. Bake in 400° oven for 10-12 minutes or until done.
4. Squeeze lemon wedges on filets.

Serve with vegetable medley and garlic cheese biscuits.



## TURKEY CHILI

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. Sauté ground turkey, stirring until lightly browned. Drain.
3. Stir in remaining ingredients. Simmer covered for 30 minutes, stirring occasionally.

Serve with crackers, cheddar cheese, sour cream and onions.



## SWISS STEAK WITH MOZZARELLA

Cooking Instructions - 3/10

**Needed at home: Salt and pepper**

1. Thaw completely in refrigerator.
2. Salt and pepper meat. Coat with flour.
3. In a large covered skillet, melt butter; brown meat slowly on all sides.
4. Add bag of tomato sauce. Cover and simmer 1 hour.
5. Add bag of onion-green pepper and cook another 25-30 minutes until meat is tender.
6. Top meat with cheese, heat until cheese melts.

**Alternate cooking method:**

Brown meat on all sides. Combine all ingredients (except cheese), into a casserole dish and bake at 325° for 2 hours. Add cheese when ready to serve.

Serve with steamed rice or couscous and your favorite vegetable.



## NUTTY TURKEY CUTLETS

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. In a large skillet over medium heat, brown half of the turkey at a time in butter for 6-8 minutes or until juices run clear; remove and keep warm.
3. Knead the bag of broth to mix and add to skillet. (Cut bottom of bag to remove)
4. Stir to loosen browned bits and cook until thickened, about 1-2 minutes.
5. Serve over turkey.

Serve with roasted asparagus and buttered corn.



## CHILI RELLENO CASSEROLE

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. Knead bag of liquid to mix. Pour over casserole.
3. Bake, uncovered, at 350° for about 40 minutes until heated through.

Serve with your favorite salsa and tortillas.



## PEACH CURRY GLAZED PORK CHOPS

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. Place pork chops in a shallow baking dish.
3. Brush chops with peach glaze, coating completely.
4. Broil 3-4 minutes on each side or until slightly pink in center.

Serve with you favorite veggie and bread.



## CHICKEN IN ORANGE SAUCE

Cooking Instructions – 3/10

1. Place chicken in 9x13 baking dish. Top with chopped carrots.
2. Pour bagged orange sauce over chicken and carrots.
3. Bake covered in preheated 375° oven for 50-60 minutes, until chicken is cooked through. (If desired, chop ¼ cup green onion with tops and sprinkle on chicken halfway through cooking and recover.)

Serve with steamed Brussels sprouts and rice.



## CARIBBEAN MARINATED CHICKEN

Cooking Instructions – 3/10

1. Thaw completely in refrigerator.
2. Remove chicken from bag, reserving marinade for basting.
3. Barbecue or broil chicken, turning and basting with marinade at 10 minute intervals, for approximately 25-30 minutes until no longer pink inside. Chicken should be golden brown.

Serve with cucumber salad and corn on the cob or white rice.



## ALBONDIGAS

Cooking Instructions – 3/10

**Needed at home: 2 Tablespoons oil  
(1 Tablespoon for split)**

1. Thaw completely in refrigerator.
2. Heat oil in a nonstick skillet and brown meatballs, turning as needed. (about 8 minutes)
3. When cooked, add bag of sauce to pan with meatballs, cover and simmer 5 minutes.

Serve with Mexican medley of corn and black beans or rolled in tortillas.