



Cooking Made Easy!

TEX-MEX SALISBURY STEAK

Cooking Instructions – 5/10

Needed at home: 2 cups water

1. Thaw completely in refrigerator.
2. Heat a lightly greased large nonstick skillet over medium heat. Add patties; reduce heat to low, cover, and cook 8-10 minutes per side or until center is no longer pink. Remove from skillet. Wipe pan clean.
3. Stir bag of gravy with 2 cups water, mix well and add it to skillet with tomatoes. Cook over medium heat 1 minute or until thickened. Return patties to skillet, and cook until thoroughly heated.

Serve with Cheesy mashed potatoes and Zesty green beans.



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GERMAN BEEF PATTIES

Cooking Instructions – 5/10

Needed at home: 2 cups hot water

1. Thaw completely in refrigerator.
2. Melt margarine in a skillet and brown patties on both sides (about 5 minutes).
3. Pour bag of juice and water over beef patties. Sprinkle gingersnaps over patties and liquid, stirring around meat until sauce is smooth. Cover and simmer for 10-12 minutes, until sauce thickens.
4. Cook egg noodles while patties simmer.

Optional serve with Poppy Seed Noodles or your favorite vegetables.



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SWEET & SOUR TURKEY MEATBALLS

Cooking Instructions – 5/10

1. Thaw completely in refrigerator.
2. Place meatballs in bottom of slow cooker.
3. Pour sauce mixture over meatballs.
4. Cover and cook on low for 6 hours or high for 4 hours.

Serve over egg noodles with steamed broccoli.



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ZITI WITH SAUSAGE

Cooking Instructions – 5/10

Needed at home: 1 tbsp olive oil, (half for split)

1. Thaw completely in refrigerator.
2. Remove skin from sausage. Start pasta, cooking as directed.
3. In a large skillet sauté onion with oil and butter until soft and golden. Add sausage, crumbling it with a fork and cooking 10 minutes, stirring occasionally.
4. Stir in cream, salt, pepper and nutmeg. Continue cooking until the cream mixture thickens, about 5 minutes.
5. Drain pasta, add it the sauce and toss. Pass the Parmesan at table.



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ALMOND-CRUSTED CHICKEN

Cooking Instructions – 5/10

Needed at home: 2 tablespoons olive oil

1. Thaw completely in refrigerator.
2. Remove chicken from bag and place on wax paper. Pour breading on another sheet of wax paper.
3. Brush chicken with oil and dredge in breading to cover chicken pieces.
4. Cook chicken in remaining hot olive oil in a nonstick skillet over medium-high heat about 4 minutes on each side or until done.

Serve with a medley of squash, tomatoes, okra, and onions.



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HONEY or TRADITIONAL BURGER

Cooking Instructions – 5/10

1. Thaw completely in refrigerator.
2. Grill burgers, uncovered, over medium-hot heat for 7-10 minutes on each side, to desired doneness.

Serve on buns with corn on the cob and fresh fruit.



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TILAPIA BRUSHETTA

Cooking Instructions – 5/10

1. Thaw completely in refrigerator. (May leak a little, place on pan to avoid a mess)
2. Preheat grill to a medium high heat or oven to 375 degrees.
3. Place the foil-wrapped fish on the grill and cook for 10-15 minutes. (15-18 in oven) Fish is done when it flakes easily. Careful when opening foil, steam is hot.



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CHICKEN CHIMICHANGAS

Cooking Instructions – 5/10

1. Thaw completely in refrigerator.
2. Bake, uncovered, at 425 degrees for 10 minutes; turn over and bake 8 more minutes.

Serve with salsa and chips. (opt.) Add guacamole, sour cream, shredded lettuce, diced tomato.



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PORK KABOBS WITH VERA CRUZ SAUCE

Cooking Instructions – 5/10

Need at home: 1 cup sour cream: Half for split order

1. Thaw completely in refrigerator.
2. Soak skewers in water 20 minutes and preheat broiler.
3. Combine sour cream and spice mix, set in refrigerator until ready to serve.
4. Thread meat and peppers onto skewers.
5. Place skewers on foil-lined baking sheet.
6. Broil 8 inches from heat 5 minutes per side, turning once.
7. Serve with sauce.



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CHICKEN SPIEDINI

Cooking instructions – 5/10

1. Thaw completely in refrigerator.
2. Bake uncovered, in 350° oven, 25-30 minutes or until chicken is fully cooked and cheese has melted and bread crumbs are golden brown.

Serve with roasted carrots and potato salad.



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APPLE – BERRY CRUNCH

Cooking instructions – 5/10

1. Thaw completely in refrigerator.
2. Bake at 350° for 45 to 50 minutes or until golden and bubbly.

Serve warm with ice cream or whipped topping.



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REUBEN CASSEROLE

Cooking Instructions – 5/10

1. Thaw completely in refrigerator.
2. Cook, covered, (remove plastic under lid) at 350 degrees for 1 hour.
3. Remove lid and bake for 30 minutes, until the casserole is browned and bubbly and heated through.

Serve with baked chips or potato salad.