

Creamy Chicken Carbonara

Prep: 10 min; Cook Time : 25 min; Serves : 6

Ingredients

10 strips bacon, cut in 1/2" (1 cm) pieces

1 medium onion, chopped

2 cloves garlic, finely minced

1 can (284 mL) Condensed Cream of Mushroom Soup

1 can (284 mL) Condensed Cream of Chicken Soup

1½ cans (284 mL each) milk

1½ tsp (7 mL) chopped, fresh thyme leaves

3 tbsp (45 mL) chopped, fresh parsley leaves

3 cups (750 mL) cubed, cooked chicken

6 cups (1.5 L) hot cooked spaghetti, without salt

Directions

- 1. Cook bacon until crisp at medium heat in large skillet. Drain bacon on paper towel; remove all but 1 tbsp (15 mL) fat from skillet.**
- 2. Add onion and garlic to skillet; cook and stir until onions are translucent – about 5 minutes. Stir in mixture of soups, milk, parsley and thyme. Stir in chicken. Bring to a boil, stirring often; stir in bacon. Reduce heat to low.**
- 3. Simmer covered, for 5 minutes, stirring occasionally. Serve immediately over cooked spaghetti.**

Beef & Mushroom Skillet

Prep : 15 min; Cook Time : 25 min; Serves : 4

Ingredients

3/4 cup (175 mL) uncooked wholegrain brown rice

Vegetable oil cooking spray

1 lb (500 g) boneless beef sirloin grilling steak, cut into thin strips

4 cups (1 L) sliced mushrooms

1 medium red onion, chopped or sliced

1 can (284 mL) Condensed Cream of Mushroom Soup

1/2 cup (15 mL) water

1 tbsp (15 mL) Dijon-style mustard

1 tbsp (15 mL) Worcestershire sauce

1/2 tsp (2 mL) dried thyme leaves, crushed

1/4 tsp (1 mL) black pepper

Directions

- 1. Prepare rice according to package directions. Set aside and keep warm.**
- 2. Heat large non-stick skillet, lightly coated with cooking spray, at medium-high heat**
- 3. Add beef and brown well until cooked through, stirring often. Set beef aside. Reduce heat to medium.**
- 4. Add additional cooking spray. Add mushrooms and onion and cook until tender and lightly browned – about 3 to 5 minutes.**
- 5. Stir in mixture of soup, water, mustard, Worcestershire sauce, thyme and pepper. Heat to a boil. Return beef to skillet and heat through. Serve with prepared rice.**

Creamy Mushroom Soup Pasta with Tuna

Prep : 5 min; Cook Time : 11 min; Serves : 2

Ingredients

1 Campbell's soup can Condensed Cream of Mushroom Soup

1 can Flaked Tuna

2 cups Penne Pasta

1/4 cup Milk

Directions

1. Bring water to a boil in a large pot and salt. Cook pasta for 9-11 minutes, or until desired tenderness.

2. Drain pasta and add 1 can of Condensed Cream of Mushroom Soup. Stir in a 1/4 cup of milk and stir.

3. Add in 1/2 can of tuna and stir.

4. Pepper to taste and serve.

Recipe Tip

This recipe is great when you're in a time crunch and is very flexible. Most pasta varieties will work, and you can use as much or as little mushroom soup/tuna as you like.

Italiano Chicken and Rice Bake

Prep : 10 min; Cook Time : 45 min; Serves : 4

Ingredients

1 can (10oz/284mL) Condensed Cream of Mushroom Soup

1 soup can 1% milk

3/4 cup (175 mL) uncooked regular long grain white rice

3/4 tsp (3 mL) dried Italian seasoning, crushed

1 2/3 cups (400 mL) sliced zucchini and mushroom mixture

2/3 cup (150 mL) drained, canned diced tomato

4 (about 1 lb/500 g) boneless, skinless chicken breasts halves

1/3 cup (75 mL) grated Parmesan cheese

Directions

1. Mix soup, milk, rice and Italian seasoning in shallow 2 qt (2 L) baking dish. Spread evenly with vegetables.

2. Top with chicken. Sprinkle with cheese and additional Italian seasoning, if desired. Cover.

3. Bake at 400°F (200°C) until chicken is cooked through and rice is tender – about 50 minutes. Remove cover and broil until cheese is golden – about 3 minutes. Stir rice and let stand 5 minutes before serving.

Creamy Italiano Chicken and Pasta

Prep : 10 min; Cook Time : 25 min; Serves : 4

Ingredients

2 cups (500 mL) rotini pasta

1 tbsp (15 mL) canola oil

4 (about 1 lb/500 g) boneless, skinless chicken breasts, cut into strips

1 medium onion, chopped

1 can (284 mL) Cream of Mushroom Soup

1/2 cup (125 mL) milk

1 tsp (5 mL) dried oregano leaves

3 cups (750 mL) freshly cooked or frozen vegetable mixture

2 cups (500 mL) shredded cheese, any variety

Directions

- 1. Cook rotini according to package directions, without salt. Drain; set aside.**
- 2. Heat oil at medium-high heat in large skillet. Add chicken and cook until browned on all sides, stirring often. Set chicken aside.**
- 3. Add onion to skillet and cook until tender. Stir in mixture of soup, milk, and oregano. Add other vegetables; heat to a boil, stirring often. Return chicken to skillet; reduce heat to low.**
- 4. Simmer, covered, until chicken is cooked through – about 5 minutes, stirring occasionally. Stir in pasta and cheese; heat through.**

Recipe Tips

To change things up, try one of the following recipe twists:

Creamy Parmesan Chicken & Rice: Prepare as above, replacing rotini with 1 cup (250 mL) uncooked long grain white rice cooked according to package directions. Stir in 1/2 cup (125 mL) grated Parmesan cheese instead of shredded cheese. **Double Creamy Italiano Chicken:** Use tri-colour rotini. Stir fry 1 cup (250 mL) sliced zucchini and 1/2 cup (125 mL) sliced celery with onion; omit other vegetables. Replace shredded cheese with 1/3 cup (75 mL) softened cream cheese, stirring in well.

Mushroom Soup Sandwiches

Prep : 10 min; Cook Time : 10 min; Serves : 6

Ingredients

12 pieces Bread

3 tbsp condensed mushroom soup

6 pinch garlic powder

12 tsp margarine

Directions

- 1. Preheat fry pan while preparing sandwiches.**
- 2. Butter each slice of bread with 1 tsp of margarine, more can be used if needed.**
- 3. Spread 3-4 tbsp of condensed mushroom soup onto each of 6 slices of bread and add a pinch of garlic powder.**
- 4. Create sandwich and grill as you would a grilled cheese sandwich.**

Recipe Tip

Be creative with any additional ingredients. Onion, bacon, parmesan cheese also work really well in the sandwiches.

Chicken and Rice Casserole or Tuna and Rice Casserole

Prep : 5 min; Cook Time : 60 min; Serves : 4

Ingredients

- 4 pieces Chicken or 2 canned chicken or 2 canned tuna**
- 3 cup Minute Rice**
- 2 can Cream of Mushroom Soup**
- 3 tbsp Onion Soup Mix**

Directions

- 1. Preheat oven to 350F**
- 2. Grease a 9x13 baking dish**
- 3. In a bowl mix together 2 cans of cream of mushroom soup (or 1 can mushroom 1 can cream of chicken) and fill 1 empty soup can of milk**
- 4. Add equal amounts of minute rice to soup/milk mixture, pour into greased baking dish**
- 5. Lay raw chicken on top of rice layer and sprinkle with onion soup mix or favourite seasoning, Cover dish**
- 6. Bake at 350 for 1 hour or until liquid is absorbed into rice. Bake longer for crispy rice.**

Mom's Soup Sandwiches

Prep : 15 min; Cook Time : 10 min; Serves : 6

Ingredients

6 pieces Bread

2 tbsp Butter

1 cup Medium Cheddar Cheese

1 can Cream of Mushroom Soup

Directions

- 1. Spread butter thinly on each piece of bread.**
- 2. Spread Cream of Mushroom soup liberally in each piece of bread.**
- 3. Sprinkle cheddar cheese on top of all.**
- 4. Bake @ 350 on oven rack for 8-10 minutes until bread is golden brown.**

Baked Ham Rolls

Prep : 10 min; Cook Time : 25 min; Serves : 4

Ingredients

2 cup Left Over Baked Ham Cubed (can substitute for canned ham)

1/2 cup Green Pepper and Onion

1 can Cream of Mushroom Soup

Directions

- 1. Dice green pepper and onion and add to cubed baked ham. Add cracked pepper to season.**
- 2. Mix in cream of mushroom soup**
- 3. Fill mixture into hot buns and wrap in tin foil.**
- 4. Bake at 375 degrees Celsius for 25 minutes.**

Tuna Casserole

Prep : 15 min; Cook Time : 15 min; Serves : 4

Ingredients

1 can Condensed Mushroom Soup

1 can tuna (in small can, with water not oil)

3 pieces green onion

1/4 tsp salt & pepper to taste

1 cup green pepper

Directions

- 1. preheat oven to 350 deg Fahrenheit**
- 2. in std size casserole dish, pour soup, chopped onions, chopped peppers and tuna, mix well**
- 3. add cooked pasta and mix well**
- 4. placed in heated oven, covered, for 15 - 20 min until thoroughly warmed through, serves**

Recipe Tip

this can be changed using red peppers for aesthetics, the pasta can be changed to different types of pasta, peas can be added (1 cup frozen, add an additional 5-10 min for cooking time), salmon can be substituted for tuna, any condensed cream can be used instead of mushroom, its your tastes to cater to it.

Chicken Casserole

Prep : 60 min; Cook Time : 35 min; Serves : 4

Ingredients

- 2 cup Rice (precooked)**
- 2 pieces Chicken Breast, cooked (boneless, skinless)**
- 1/2 can Cream of Chicken Soup**
- 1/2 can Cream of Mushroom Soup**
- 1.5 cup Peas and Carrots (from frozen)**
- 1 can Canned Mushrooms (pieces and stems)**
- 1 cup milk (2% preferred)**
- 1 cup of onion pieces**

Directions

- 1. Precook chicken breasts, dice to 1" pieces. Precook Rice., drain if needed.**
- 2. Chop onions, drain canned mushrooms.**
- 3. Add all ingredients to casserole dish, adding milk at last. Mix together well. If it seems too gooey add a bit of milk for it to be a bit thicker than a chowder.**
- 4. Add salt and pepper to flavor - bit of garlic powder if you want. mix again.**
- 5. cover casserole dish with foil and put in 350 degree oven for about 25 minutes. Remove foil so it can get browned top. remove from oven once top is golden brown.**
- 6. You can always increase ingredient amounts for larger meal. I always serve this with another veg on side - brocolli or whole green beans. I have also added garlic bread as a side.**

Hearty Tomato and Vegetable Soup

Prep : 10 min; Cook Time : 30 min; Serves : 6

Ingredients

1 (900 mL) container Vegetable Broth

1 can (284 mL) Condensed Tomato Soup

5 cups (1.2 L) fresh (cut-up) vegetable mixture (e.g. carrots, peas, celery, potatoes, green beans, red pepper)

1/2 tsp (3 mL) dried oregano leaves, crushed

1/4 tsp (1 mL) garlic powder

1/2 cup (125 mL) uncooked fusilli pasta

Directions

- 1. Heat broth, soup, vegetables, oregano and garlic powder to a boil in medium saucepan.**
- 2. Stir in pasta.**
- 3. Cook at gentle boil until vegetables and pasta are tender – about 20 minutes, stirring occasionally.**

Recipe Tip

To save a few minutes in preparation time, substitute frozen mixed vegetables for fresh vegetables.

2 Step Tomato Chicken Mozzarella

Prep : 5 min; Cook Time : 25 min; Serves : 4

Ingredients

1 tbsp (15 mL) vegetable oil

4 (about 1 lb/500 g) boneless, skinless chicken breasts

1 can Condensed Tomato Soup

1 tsp (5 mL) dried oregano leaves, crushed

1/2 cup (125 mL) shredded Mozzarella cheese

Directions

- 1. Brown chicken well in heated oil at medium-high heat in large skillet.**
- 2. Add 1 can Condensed Tomato Soup mixed with dried oregano leaves, crushed. Simmer, covered, until chicken is cooked through. Sprinkle with Mozzarella cheese.**

Tomato Chicken Stir-Fry

Prep : 10 min; Cook Time : 20 min; Serves : 4

Ingredients

2 tbsp (30 mL) canola oil

4 (about 1 lb/500 g) boneless, skinless chicken breasts, cut into strips

3 cups (750 mL) fresh cut-up vegetables

4 cloves garlic, minced

1 can (284 mL) Condensed Tomato Soup

2 tbsp (30 mL) Less Salt soy sauce

1 tsp (5 mL) vinegar

4 cups (1 L) hot cooked rice, made without salt

Directions

- 1. Heat half of oil in skillet. Add chicken and stir-fry until well browned. Remove chicken and set aside.**
- 2. Heat remaining oil. Add vegetables and garlic. Stir-fry until tender-crisp.**
- 3. Add soup, soy sauce and vinegar. Heat to a boil. Return chicken to skillet and heat through. Serve over rice.**

Sausage Tomato Soup

Prep : 5 min; Cook Time : 25 min; Serves : 4

Ingredients

5 pieces Breakfast Sausage

2 cup French Fries

1 can Mushrooms

1/2 cup Celery

2 cans Tomato Soup

Directions

- 1. Cook sausage at 350 degrees in oven, until lightly browned**
- 2. Dice 1/2 cup of celery, & pour into one can of tomato soup.**
- 3. Add french fries & mushrooms to soup.**
- 4. Add the breakfast sausage to soup.**
- 5. Boil for 15 minutes. Enjoy a Breakfast Sausage Tomato soup!**

Tomato Beef and Mushroom Stew

Prep : 10 min; Cook Time : 45 min; Serves : 4

Ingredients

Vegetable oil cooking spray

1 lb (500 g) boneless beef sirloin grilling steak*, cut into 1/2" (1 cm) cubes

1 can (284 mL) Condensed Tomato Soup

1¼ cups (300 mL) Beef Broth

1 tbsp (15 mL) Worcestershire sauce

1 cup (250 mL) each, sliced celery and chopped onion

1/2 cup (125 mL) sliced carrot

1½ cups (375 mL) mushrooms

1/2 cup (125 mL) diced parsnip

1 medium potato, diced

Directions

1. Heat large non-stick skillet, lightly coated with cooking spray over medium-high heat. Cook beef cubes until browned on all sides, stirring often.

2. Stir in soup, broth, Worcestershire sauce and vegetables. Heat to a boil. Reduce heat to low.

3. Simmer, covered, until beef and vegetables are tender – about 30 minutes, stirring occasionally.

Recipe Tip

* Or use inside round steak and increase simmer time by 15 minutes.

Easy Cheesy Meatloaf

Prep : 20 min; Cook Time : 70 min; Serves : 4

Ingredients

908 grams Lean Ground Beef

1 cup Italian Style Bread Crumbs

2 cans Tomato Soup

1 cup Mozza-Cheddar Shredded Cheese Blend

1/4 cup White Onion

2 pieces Large Eggs

Directions

- 1. Add all ingredients into a large mixing bowl (keep a small amount of tomato soup off to the side) and mix with your hands.**
- 2. Add mixture to glass baking dish and shape into a loaf.**
- 3. Cover meatloaf with remainder of tomato soup.**
- 4. Bake at 375 for about 70 minutes. Check for doneness.**

Hummus recipe

Yield is about 2 cups of hummus dip.

Ingredients:

1 garlic clove.

¼ cup of tahini (sesame paste).

¼ cup of fresh lemon juice.

2 cups of canned chickpeas drained, rinsed.

½ cup of water.

¼ teaspoon of ground cumin.

¼ teaspoon of cayenne.

Salt, to taste.

Extra virgin olive oil.

Lemon wedges.

Grilled pita triangles.

Directions:

In a food processor or blender, combine the garlic, tahini and lemon juice; process until the mixture whitens.

Add the chickpeas and process until smooth.

Add the water, a little at a time, until the desired consistency is reached.

Add the cumin, cayenne and salt and process. Taste and adjust seasoning if necessary.

Transfer the hummus to a serving bowl, smooth the top and drizzle with extra virgin olive oil.

Serve with lemon wedges and grilled pita triangles.

Curried Chickpeas and Rice

Ingredients:

1 can of chickpeas.

1 carrot, sliced.

1 potato, diced.

1 medium onion, diced.

3 large cloves of garlic, finely chopped.

Curry, to taste.

Salt and black pepper, to taste.

2 cups of rice, uncooked.

4 cups of water.

½ cup of white wine.

Directions:

Fry the diced onion in a medium-hot pot in some olive oil.

Add the finely chopped garlic.

Add the chickpeas, carrots, and potato.

Add the water and white wine; allow to boil.

Add the curry, salt and black pepper.

Rinse the rice, and add it to the boiling mixture.

Allow the mixture to come to a boil for about 5 minutes.

Cover and simmer for about half an hour until done to your taste.

Crunchy Roasted Chickpeas

You won't believe how addictive this snack is—and so simple. Who knew that whole beans, roasted in olive oil and a bit of salt, could be so delicious? Smart, you!

Ingredients:

2 (15-ounce) cans chickpeas (garbanzo beans), rinsed, drained

2 tablespoons olive oil

1 teaspoon sea salt

¼ teaspoon black pepper

Directions:

1) Preheat oven to 400°F.

2) Combine all ingredients in a large bowl; toss well to coat. Transfer to a large baking sheet. Roast until light golden and crunchy, about 30 minutes, tossing every 10 minutes. Cool slightly and serve.

Chickpea and Mushroom Soup

Ingredients:

3 oz of dried chickpeas.

1 oz of dried porcini mushrooms.

½ lb of mushrooms, chopped.

2 garlic cloves, minced.

2 sprigs of rosemary.

2 sprigs of thyme.

1 tablespoon of olive oil.

3 oz of dried lentils.

2 slices of Tuscan bread, cubed and toasted.

Directions:

Soak the chickpeas in cool water to cover overnight; drain.

Soak the porcini in warm water for 30 minutes; drain and chop.

Sauté the porcini, mushrooms, garlic, rosemary, and thyme in 1 teaspoon of the olive oil with a pinch of salt until tender, about 10 minutes.

Place the drained chickpeas in a pot of cool water, bring to a boil, and cook until tender; do the same with the lentils.

Pass half of the chickpeas and lentils through a food mill, and place them in one pot with the whole chickpeas and lentils.

Add enough of the cooking liquid from the chickpeas and lentils to thin the soup to the desired consistency, and stir in the sautéed mushrooms.

Bring to a boil and simmer for 5 minutes.

Drizzle with the remaining olive oil and serve with the cubed Tuscan bread.

Sautéed Chickpeas with Cinnamon

Ingredients:

1 tablespoon of olive oil.

1 cinnamon stick, broken in half.

1 lb of canned chickpeas, rinsed, drained and patted dry.

2 teaspoons of fresh lemon juice.

¼ cup of fresh cilantro, chopped.

Salt and freshly-ground black pepper.

Directions:

In a heavy nonstick skillet, heat the olive oil over medium high heat.

Sauté the cinnamon stick for 1-2 minutes until fragrant.

Stir in the chickpeas and sauté, stirring frequently, for 8 minutes or until browned and crisp.

Transfer the chickpeas to a bowl.

Add the remaining ingredients; toss.

Chickpea Pilaf

Ingredients:

2 oz of chickpeas, soaked overnight.

6 oz of long grain rice.

1 medium onion, chopped.

2 tablespoons of butter.

1 pint of chicken stock.

Salt and black pepper, to taste.

Directions:

Drain the chickpeas and cook in fresh water until tender (about 45 minutes). Drain thoroughly.

Wash the rice and soak if necessary.

Soften the onion in the butter.

Stir in the chickpeas and the drained rice.

Pour in the stock, then season with the salt and black pepper; bring the liquid to the boil.

Reduce the heat and cook until almost all the liquid has been absorbed.

Remove the pan from the heat and cover with a dry dish towel, then press the lid down tightly on top.

Leave to steam for about 15-20 minutes.

Fluff gently with a fork.

Serve.

Black Bean and Chickpea Soup

A simple, hearty, and rustic stew perfect for cold winter nights, this Black Bean and Chickpea stew is deceptively easy to make. Zesty cumin and chili powder marry together the flavors of turkey, vegetables, and beans for a unique and filling stew that goes well with crusty french bread and cold beer.

Ingredients:

1 ½ Tbsp olive oil
1 lb ground turkey
1 onion, chopped
2 green bell peppers, chopped
5 carrots, peeled and chopped
1 Tbsp chili powder
1 ½ tsp ground cumin
1 tsp ground black pepper
2 (14.5 oz) cans diced tomatoes, undrained
1 c. frozen corn
1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can garbanzo beans, drained and rinsed
1 ½ c. chicken broth

Directions:

- 1. In large soup pot or Dutch oven heat oil over medium high heat. Add ground beef and stir until browned, about 10 minutes. Remove from pan and set aside.**
- 2. Place onions, green peppers, and carrots in Dutch oven and saute for 10 minutes, until onion is translucent and vegetables are tender. Add chili powder, cumin, and black pepper.**
- 3. Add diced tomatoes, corn, black beans, garbanzo beans, and chicken broth. Stir to combine, and bring to a boil.**
- 4. Reduce mixture to a simmer. Place about 1 ½ cups in food processor and puree for 1 minute, or until smooth. Return to stock pot and add cooked turkey meat back to mixture. Simmer over medium-low heat for 20 minutes or until cooked through.**

Italian Lentil & Mixed Bean Soup

Prep time: 15 mins; Cooking time: 40 mins; Total time: 55 mins; Serves: 6 people

Ingredients

1tbsp olive oil

1 large onion, finely chopped

2-3 cloves garlic, finely chopped

1 green chilli, deseeded and finely chopped

Good pinch each of cinnamon, paprika and cumin seeds

Bay leaf (optional)

4 carrots, peeled and finely sliced

4 parsnips, peeled and finely diced

300g/11oz dried green lentils

3 litres/5¼ pints light vegetable stock

2 x 400g cans mixed beans, drained and rinsed

Directions

1. In a large saucepan, add olive oil and cook onion.

2. Add garlic and chilli, and stir. Cook for 30 secs, stir in spices and cook gently for few more secs.

3. Throw in bay leaf, carrots and parsnips. Stir well to combine. Season, add lentils and stir.

4. Turn heat up and add 1 pint of stock. Stir and leave to boil.

5. Then, turn heat down and leave to simmer. Keep adding stock until it is absorbed. When all added, let simmer for about 20 mins.

6. Stir in beans and cook for 5 mins.

7. Turn heat off, let mixture sit, then season.

Tomato Soup Cake

Ingredients

1 (10.75 ounce) can condensed tomato soup

1 teaspoon baking soda

1 cup white sugar

1 egg

1/3 cup butter

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1 1/2 cups self-rising flour

1 cup raisins

Directions

- 1. Combine the tomato soup and the soda in a bowl, and let it stand.**
- 2. Cream sugar, egg, butter, salt, cinnamon, and cloves. Mix in tomato soup and soda mixture, and then flour. Stir in the raisins, and pour the batter in a greased baking dish.**
- 3. Bake at 325 degrees F (165 degrees C) for 1 hour, or until done. Cool the cake, and top with cream cheese icing.**

Pork n Bean Casserole

15 minutes to make; Serves 4

Ingredients

1 pound hamburger-browned and drained.

1 small onion chopped and cooked with hamburger.

1/2 cup brown sugar

1/4 cup ketchup

1 can pork 'n beans

Directions

After hamburger and onion are cooked add the rest of the ingredients.

Simmer for 15 min.

Ready to eat.

**Optional: This can be topped with refrig. biscuits and baked in the oven for 20-30 min.
Then topped with cheese.**

Mexican Pork n Beans

240 minutes to make; Serves 8

Ingredients

1 lb pork shoulder

salt and pepper

1 lb dry pinto beans

1 tsp. salt

1 onion chopped

2 cloves garlic minced

1-2 tsp. cumin

1 tsp. oregano leaf

1/4 tsp ground clove

1/4 cup chopped jalapeno or green chili pepper

flour tortillas

salsa

shredded cheddar or monterey jack

small amount of oil or fat for browning meat

Directions

Sort and rinse beans, cover with 6 cups cold water in a large heavy pot, add 1 tsp. salt and bring to a boil.

Boil beans 2 minutes, turn off heat, cover and let stand 1 hour.

Cut pork into 1 inch cubes.toss with salt and pepper.

Heat oil in heavy skillet and brown pork cubes on all sides.

Add pork to beans, add small amount of water to skillet and stir to get the brown bits, add this to beans.

Add onion, garlic, oregano, clove to beans.

Bring all to a boil and reduce heat to a simmer.

Cook slowly for about 2 hours, stirring occasionally.

Add chopped peppers and continue to cook until pork can be broken up with a fork and almost all liquid is absorbed. This will require more frequent stirring to prevent scorching.

When done, should be the texture of refried beans.

Serve on tortillas with salsa and cheese or whatever you like.

Left overs are easily reheated in the microwave.

Pork and Beans Skillet Supper

15 minutes to make; Serves 6

Ingredients

6 boneless, center-cut pork chops, about 3 ounces each

2 teaspoons light brown sugar

salt and pepper, to taste

1 teaspoon vegetable oil

1/2 cup apple juice

1 can (15 ounces) baked beans

1 can (7 ounces) corn kernels, drained

1 teaspoon apple-cider vinegar

Pinch dried thyme (optional)

Directions

Season the pork chops on both sides with sugar and salt and pepper to taste; set aside.

Heat the oil in a large skillet over medium heat. Brown the chops on both sides, about 2 minutes per side.

Add the apple juice and heat to boiling. Stir in the baked beans, corn, vinegar and thyme, if desired.

Stir briefly to combine the liquids in the pan. Simmer until the chops are firm to the touch (an internal temperature of 155°F), about 10 minutes, turning two or three times. Turn off the heat, cover for about five minutes as you finish preparing the meal; pork will come up to 160°F.

When the chops are done remove them to a serving platter. If the bean mixture is too liquid, boil over high heat for a few minutes until lightly thickened, stirring often. Spoon the beans around the chops and serve

Pork and Bean Bread

50-60 minutes to make; Serves 4

Ingredients

1 cup raisins

1 cup boiling water

1 15-oz. can pork and beans

2 cups sugar

3 eggs, beaten

1 cup vegetable oil

1 tsp. vanilla

1 tsp. cinnamon

1/2 tsp. baking powder

1 tsp. baking soda

1 cup chopped nuts, optional

Directions

Add raisins to boiling water and set aside.

Mash beans with a fork in a large bowl until very smooth.

Add sugar, eggs, oil and vanilla. Mix well.

Sift together dry ingredients and fold in.

Drain raisins and fold in with chopped nuts.

Spoon batter into greased and floured loaf pans.

Bake in a 325° F oven for 50-60 minutes, or until a knife inserted in the center comes out clean.

Pork and Bean Stroganoff

15 minutes to make; Serves 4

Ingredients

1 med onion, chopped

1 tbsp butter

1 tbsp oil

1/4 cup flour

1 pound pork, cut into thin strips

1 tbsp oil

pinch salt

pinch pepper

3/4 cup water

1 tsp chicken bouillon powder (or 1 cube)

1 cup whole small fresh mushrooms

14 oz can beans in tomato sauce

2 tsp parsley flakes

1/2 cup light sour cream

broad noodles

Directions

saute onion in butter and first amount of oil until soft. remove to plate. set aside.

measure flour int bowl. dredge pork in flour until well coated. Add to frying pan with second amount of oil. sprinkle with salt and pepper. sear until lightly browned.

add water, bouillon, mushrooms and onion mixture. Heat and stir until boiling. Reduce heat. Cover and simmer for about 10 minutes until pork is tender.

Serve over broad noodles.

Pork and Bean Dip

Serves 8

Ingredients

1 can pork and beans, almost drained completely

1 8 oz sour cream

1/2 cup mayonnaise

1 small sweet vidalia onion, finely chopped

1 tsp garlic powder

Directions

Mix all ingredients.

Refrigerate to allow sour cream to set back up.

Serve with tortilla chips.

Confetti KD

prep time: 5 min; total time 20 min; makes 4 servings, 1 cup (250 mL) each

Ingredients

1 pkg. (225 g) Kraft Dinner Whole Wheat Macaroni and Cheese

1 cup each shredded carrots and zucchini

1/2 cup Part Skim Mozzarella Shredded Cheese

Directions

PREPARE Kraft Dinner in large saucepan, following the Sensible Solution directions on package and adding vegetables to the boiling water after 3 min. of the Macaroni cooking time.

ADD mozzarella; stir until melted.

Substitute

Prepare using Kraft Dinner Smart Vegetables.

Substitute

Substitute 2 cups frozen peas or shredded sweet potatoes for the carrots and zucchini.

Mac & Cheese Lasagne

prep time 20 min; total time 40 min; makes 4 servings, 1/4 recipe (368 g) each

Ingredients

1 pkg. (225 g) Kraft Dinner Macaroni and Cheese

1/2 lb. (225 g) extra-lean ground beef

1-1/2 cups pasta sauce

1 cup Part Skim Mozzarella Shredded Cheese

2 Tbsp. 100% Parmesan Grated Cheese

Directions

HEAT oven to 350°F.

PREPARE Kraft Dinner as directed on package, using the Sensible Solution directions. Meanwhile, brown meat in non-stick skillet.

SPOON half the Kraft Dinner into 8-inch square baking dish sprayed with cooking spray; top with layers of half each of the pasta sauce, meat and mozzarella. Repeat layers. Sprinkle with Parmesan.

BAKE 20 min. or until heated through.

Substitute

1 cup chopped leftover cooked chicken for the browned ground beef.

Note

Omit meat for a meatless version.

Cheddar Mac & Ham Casserole

prep time 15 min; total time 30 min; makes 4

Ingredients

1 pkg. (225 g) Kraft Dinner Macaroni and Cheese

1 cup frozen peas, thawed, drained

1 cup chopped cooked ham

1/4 cup Double Cheddar Shredded Cheese

Directions

PREHEAT oven to 400°F. Prepare Kraft Dinner as directed on package, using the Sensible Solutions directions. Add peas and ham; mix well.

SPOON into 9-inch square baking dish; sprinkle with shredded cheese.

BAKE 15 min. or until heated through.

Serving Suggestion

Serve with a tossed vegetable salad with your favourite Kraft Dressing.

Special Extra

Mix 1/2 cup crushed Ritz Crackers with 1 Tbsp. melted butter; sprinkle over casserole before baking.

Skillet white beans, spinach & tomatoes over Linguine

Number of Servings: 6

Ingredients

2 tsp olive oil

1 Tablespoon minced garlic

2 cans diced tomatoes with basil, garlic and oregano (do not drain)

1 can any white beans (I use Great Northern or Navy usually)

1 package fresh spinach

6 cups cooked linguine

6 Tablespoons Romano or Parmesan cheese (grated)

Directions

- 1. Heat oil in a large nonstick skillet.**
- 2. In a separate pan start boiling water for linguine and get linguine cooked while you continue.**
- 3. Add garlic, saute for a minute or so.**
- 4. Add tomatoes and beans and bring to a boil.**
- 5. Cover with spinach, top with lid, reduce heat to low and simmer about 10 minutes. Stir occasionally.**
- 6. Spoon tomato/beans/spinach mixture over linguine and sprinkle with cheese.**

This makes 6 servings of 1 cup of pasta, 1 cup of sauce and 1 tablespoon of cheese.

Black Bean Brownies

Number of Servings: 16

Ingredients

15oz can black beans (drained & rinsed well)

4 large eggs

1/2 cup granulated Splenda

3 tbsp cocoa powder

2 tbsp strong coffee (or 1 tbsp instant coffee dissolved in 1 tbsp hot water)

1 tsp baking powder

2 tbsp canola or olive oil

1 tsp vanilla

Directions

Preheat oven to 350°F.

Prepare an 8x8 baking pan by spraying it with cooking spray.

Mix all ingredients in a food processor or blender.

Add the beans last and make sure you blend VERY well.

Bake for 30 minutes, or until toothpick comes out clean. Allow to cool before slicing.

Brownies are approx. 2"x2" in size.

Southwestern Beans & Rice

Makes about 6-8 servings

Ingredients

2- CUPS COOKED BROWN RICE

1 - 15 OUNCE CAN BLACK BEANS, DRAINED (PINTO OR KIDNEY ARE GOOD HERE, TOO)

1- 16 OUNCE JAR SALSA OF YOUR CHOICE 1- 15 OUNCE CAN WHOLE KERNEL CORN, DRAINED

Directions

HEAT THE FIRST 4 INGREDIENTS IN A SKILLET.

EITHER EAT WITH CHIPS, OR EAT IT IN A TORTILLA (FLOUR OR CORN)

Bean Casserole

Number of Servings: 2 - 5

Ingredients

2 lbs lean ground beef

2 cups chopped onion

1 cup chooped celery

1-10.75 oz. can cream of tomato soup, undiluted

1-6 oz. can tomato paste

1/2 cup ketchup

1-16 oz. can green beans, drained

1-17 oz, can lima beans, drained

1-15.5 oz. can wax beans, drained

1-16 oz. can red kidney beans, undrained

1-16 oz. can pork and beans, undrained

1/2 cup packed brown sugar

2 tbsp prepared mustard

1/4 cup pure maple syrup (optional)

Directions

In a large Dutch oven, brown beef over medium-high heat.

Drain fat.

Add onion and celery; cook until tender.

Stir in soup, tomato paste, and ketchup; simmer 15-20 minutes.

Spoon into a large kettle or roaster.

Add all remaining ingredients; stir well.

Bake uncovered, at 350F for 1 hour.

White Bean Tapenade

Makes 12 servings.

Ingredients

2 garlic cloves, unpeeled

1/2 teaspoon olive oil

1 15-oz. can cannellini (white kidney) beans, rinsed and drained

2 teaspoons lemon juice Salt and ground black pepper, to taste

2 tablespoons olive oil

6 fresh sage leaves

Directions

Wrap garlic cloves, drizzled with 1/2 teaspoon olive oil, in aluminum foil and place in a 350 degree F. oven until garlic is soft, about 30 minutes. Cool and squeeze garlic from clove, discarding skin. Combine garlic paste, beans, lemon juice, salt, pepper and 2 tablespoons olive oil in food processor or blender. Process until smooth. Thinly slice or mince sage leaves; fold into tapenade. Taste to adjust seasonings, add salt or pepper as needed.

5 Bean Salad

Minutes to Prepare: 5

Number of Servings: 24

Ingredients

2 cups (or 15 onz. can) Black Beans

2 cups (or 15 onz. can) Pinto Beans

2 cups (or 15 onz. can) Chickpeas (garbanzo beans)

2 cups (or 15 onz. can) Red Kidney Beans

2 cups (or 15 onz. can) White Beans

1 cup Yellow Sweet Corn (unsalted)

½ cup chopped Green bell pepper

1/2 cup chopped Red bell pepper

½ cup chopped Red Onion

3 tbsp. Extra Virgin Olive Oil (or to taste)

3 tbsp. Red Wine Vinegar (or to taste)

1 tsp. Salt (or to taste)

1 tsp. Black Pepper (or to taste)

Directions

Open all cans, put all canned content in a strainer, and drain. Put all ingredients in a medium bowl and mix. Put bowl in refrigerator until cool. Serve as a side dish or as a dip with chips.

Beef & Bean Chili

Yield: 9 servings--Serving Size: 8 oz

Ingredients

2 lb. lean beef stew meat (trimmed of fat), cut in 1-inch cubes

3 tablespoons olive oil

2 cups water

2 teaspoons minced garlic

1 large onion, finely chopped

1 tablespoon whole grain flour

2 teaspoons chili powder

1 green pepper, chopped

2 lb. tomatoes, chopped (3 C)

1 tablespoon oregano

1 teaspoon cumin

2 cups canned kidney beans

Directions

1. Brown meat in a large skillet with half of the olive oil. Add water. Simmer covered for 1 hour until meat is tender.

2. Heat remaining oil in second skillet. Add garlic and onion and cook over low heat until onion is softened. Add flour and cook 2 minutes. Add the garlic-onion-flour mixture to the cooked meat. Then add the remaining ingredients to the meat mixture. Simmer 1/2 hour.

Hearty Beef Onion Soup

Prep : 10 min; Cook Time : 40 min; Serves : 4

Ingredients

1½ tbsp (20 mL) canola oil

4 cups (1 L) thinly sliced onions

¾ lb (340 g) boneless beef grilling steak, cut into bite-size strips

1 box (900 mL) Beef Broth

1 tbsp (15 mL) Worcestershire sauce

1 tbsp (15 mL) chopped fresh rosemary leaves

½ cup (125 mL) plain, store-bought or homemade croutons

¼ cup (60 mL) shredded Swiss cheese

Directions

- 1. Cook onions until browning begins, in 1 tbsp (15 mL) heated oil, in large heavy-bottomed saucepan or Dutch oven at medium-high heat. Reduce heat to low. Cover and simmer for 10 minutes, stirring occasionally. Remove from saucepan and set aside.**
- 2. Brown beef in remaining oil in same saucepan, at medium-high heat, stirring often. Return onions to saucepan.**
- 3. Stir in broth, Worcestershire sauce and rosemary. Heat to a boil. Reduce heat to low.**
- 4. Cover and simmer for 15 minutes, stirring occasionally. Ladle into 4 soup bowls and sprinkle with croutons and cheese.**

Recipe Tips

To make your own croutons, cut a couple of slices of day-old bread into ½” (1 cm) cubes. Toast them to a light golden brown on a baking tray in a 375°F (190°C) oven, turning them occasionally to toast all sides.

When soup or stew recipes call for browning vegetables or meat before simmering in broth, Dutch ovens are a good choice of cookware. These large, heavy-bottomed pots allow good heat distribution and the tight-fitting lids prevent too much steam from escaping.

Super Easy Chicken pot pie

Prep : 10 min; Cook Time : 25 min; Serves : 4

Ingredients

- 2 cup Cooked Chicken**
- 2 cup Frozen mixed vegetables**
- 1/2 cup Marble Cheese**
- 1 can Cream of Chicken soup**
- 1 can prepared crescent rolls**

Directions

- 1. Combine chicken, veggies, soup and cheese in a meduim casserole dish & mix well**
- 2. Roll out the crescent rolls (do not separate) and lay flat on top of the mixture**
- 3. Bake at 375 for 15-20 minutes until the top is golden brown and the soup is bubbling.**
- 4. let stand for 5 minutes before cutting & serving**

Recipe Tip

Thaw veggies before mixing with other ingredients. Using left over chicken saves time. Cream of broccoli soup also works well.

Mardi Gras Chicken & Rice

Prep : 15 min; Cook Time : 35 min; Serves : 6

Ingredients

- 1 tbsp canola oil**
- 1 lb boneless, skinless chicken thighs, cut into chunks**
- 1 can (28oz/796 mL) diced tomato**
- 2 cups Chicken Broth**
- 3 cups frozen mixed vegetables**
- 1.5 cups uncooked (20 minute cook) brown rice**
- 3 cloves garlic, chopped**
- 1 tbsp smoky flavour barbecue sauce**
- 1 tbsp fresh thyme, chopped**
- 0.5 tsp hot pepper sauce**

Directions

- 1. Brown chicken well in heated oil in large non-stick skillet at medium-high heat.**
- 2. Stir in remaining ingredients and heat to a boil. Reduce heat to low and simmer, covered, until liquid is absorbed and rice is fully cooked - about 25 minutes.**

Recipe Tips

Seafood lovers in your home? Add fresh Canadian farmed mussels! –available year round in most major grocery stores and fish markets. Nestle the cleaned mussels right into this dish for the last 5 minutes of the cook time - until shells open (discard any that do not open).

With the bottle of hot sauce set on the table, along with this dish, your family can spice it up as much as they like.

Creamy Fruit Salad

Prep Time:15 Min; Ready In:15 Min

Ingredients

- 1 (15.25 ounce) can fruit cocktail**
- 2 medium firm bananas. sliced**
- 1 medium apple, diced**
- 1 medium navel orange, peeled and sectioned**
- 2 tablespoons instant vanilla pudding mix**
- 1 (8 ounce) container vanilla yogurt**

Directions

- 1. In a serving bowl, combine the fruit cocktail, bananas, apple and orange. Combine the pudding mix and yogurt until smooth. Add to fruit mixture; stir to coat. Refrigerate leftovers.**

Fast Fruit Cocktail Cake

Prep Time: 15 Min; Cook Time: 30 Min; Ready In: 45 Min

Ingredients

1 cup all-purpose flour

1 cup sugar

1 teaspoon baking soda

1 teaspoon salt

1 (15.25 ounce) can fruit cocktail, undrained

1 egg, beaten

1/2 cup packed brown sugar

1/2 cup chopped walnuts

Whipped cream

Directions

- 1. In a large bowl, combine the first six ingredients; stir until smooth. Pour into a greased 9-in. square baking pan. Combine brown sugar and nuts; sprinkle over top. Bake at 350 degrees F for 30-35 minutes or until a toothpick inserted near the center comes out clean. Serve with whipped cream if desired.**

Frozen Fruit Salad Ring

Prep Time: 10 Min; Ready In: 10 Min

Ingredients

1 (8 ounce) package cream cheese, softened

1 cup mayonnaise

1/3 cup sugar

1 teaspoon vinegar

3 drops green food coloring (optional)

1 (30 ounce) can fruit cocktail, drained

1 1/2 cups miniature marshmallows

1/2 cup chopped pecans

1 cup heavy whipping cream, whipped

Directions

- 1. In a mixing bowl, beat the cream cheese, mayonnaise and sugar. Add vinegar and food coloring if desired; mix well. Fold in fruit cocktail, marshmallows, pecans and whipped cream. Spoon into a 2-qt. ring mold or fluted tube pan that has been coated with nonstick cooking spray. Cover and freeze for up to 2 months. Just before serving, invert onto a platter. Cut into 1-in. slices.**

Fruit Cocktail Bars

Prep Time: 15 Min; Cook Time: 20 Min; Ready In: 35 Min

Ingredients

1 1/2 cups sugar

2 eggs

1 (15.25 ounce) can fruit cocktail with juice

1 teaspoon vanilla extract

2 1/4 cups all-purpose flour

1 1/2 teaspoons baking soda

1 teaspoon salt

1 1/3 cups flaked coconut

1 cup chopped walnuts

GLAZE:

1/2 cup sugar

1/4 cup butter or margarine

2 tablespoons milk

1/4 teaspoon vanilla extract

Directions

- 1. In a mixing bowl, cream sugar and eggs. Add fruit cocktail and vanilla; mix well. Combine the flour, baking soda and salt; add to the creamed mixture and mix well. Pour into a greased 15-in. x 10-in. x 1-in. baking pan. Sprinkle with coconut and walnuts. Bake at 350 degrees F for 20-25 minutes or until cake tests done. Cool for 10 minutes.**
- 2. In a saucepan, bring sugar, butter and milk to a boil. Remove from the heat; add vanilla and mix well. Drizzle over cake. Cool. Cut into bars.**

Fruity Pork Chops

Prep Time: 20 Min; Cook Time: 7 Hrs; Ready In: 7 Hrs 20 Min

Ingredients

4 bone-in pork loin chops, 1 inch thick

1/2 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon dried rosemary, crushed

1/8 teaspoon dill weed

1/8 teaspoon ground ginger

2 tablespoons vegetable oil

1 (15.25 ounce) can fruit cocktail

2 tablespoons red wine vinegar or cider vinegar

1 tablespoon prepared mustard

1/4 teaspoon grated orange peel

2 tablespoons cornstarch

2 tablespoons cold water

Directions

1. Sprinkle pork chops with salt, pepper, rosemary, dill and ginger. In a skillet, brown chops on both sides in oil; transfer to a slow cooker. Drain fruit cocktail. In a bowl, combine the vinegar, mustard, orange peel and reserved fruit juice. Pour over pork. Cover and cook on low for 7-8 hours or until meat is tender.

2. Remove chops and keep warm. Strain the cooking liquid into a small saucepan. Combine the cornstarch and water until smooth; stir into the cooking liquid. bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Add fruit cocktail; heat through. Serve over pork chops

Fruity Rice Delight

Prep Time: 15 Min; Cook Time: 20 Min; Ready In: 35 Min

Ingredients

2 cups water

1 cup uncooked white rice

1 (15.25 ounce) can fruit cocktail, drained

1 (8 ounce) container frozen whipped topping, thawed

Directions

1. In a medium saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

2. In a medium bowl, blend 1/2 the fruit cocktail and the whipped cream. Drain any remaining fluid from the rice and mix 1/2 into the bowl. Continue mixing in the remaining fruit cocktail and rice until the desired consistency has been attained.

Corny Cheese Toasties

Prep Time: 5 Min; Cook Time: 10 Min; Ready In: 15 Min

Ingredients

2 slices bread

1 tablespoon butter

1 teaspoon mayonnaise

1 slice canned corned beef

1 slice American processed cheese

Directions

- 1. Preheat skillet over medium heat. Butter each slice of bread on 1 side only. Spread mayonnaise on the un-buttered sides. Place 1 slice of bread, buttered side down, in the skillet. Layer corned beef and cheese slices on bread. Cover with remaining slice of bread, buttered side up. Cook for 5 minutes on each side, or until toast is golden brown, and cheese is melted.**

Corned Beef Rolls

Prep Time: 15 Min; Cook Time: 15 Min; Ready In: 30 Min

Ingredients

- 1 (12 ounce) can corned beef**
- 1/3 cup ketchup**
- 2 tablespoons prepared yellow mustard**
- 2 tablespoons Worcestershire sauce**
- 1 onion, chopped**
- 1 (8 ounce) package shredded white Cheddar cheese**
- 8 hot dog buns**

Directions

- 1. Preheat oven to 350 degrees F (175 degrees C).**
- 2. Mash the corned beef into a saucepan, and stir in ketchup, mustard, Worcestershire sauce, onion, and white Cheddar cheese over medium heat. Bring to a boil, reduce heat to medium-low, and simmer until the cheese has melted and the onion is tender and translucent, about 10 minutes. Fill each hot dog bun with about 1/2 cup of the mixture, and wrap each filled bun in aluminum foil. Place the wrapped buns onto a baking sheet.**
- 3. Bake in the preheated oven until buns are slightly toasted, about 15 minutes. If desired, make a big batch of filled and wrapped buns, freeze them, and bake frozen for 35 minutes.**

Canned pink Salmon Patties

Prep: 10 min

Number of Servings: 4

Ingredients

1 can pink salmon

1/2 medium onion

1 stalk celery

1/4 green bell pepper

1 egg or equivalent egg substitute

1/2 cup bread crumbs

1/2 tsp chili powder

1/2 tsp old bay seasoning-optional

Directions

finely chop celery, onion, and pepper. Remove the skin and bones from a can of salmon.

Combine the vegetables, egg, salmon, bread-

crumbs and seasonin together. Using a

icecream scoop place dippers of the mixture

onto a well oiled griddle, cook about 5 minutes on each side (until browned). Remove from heat

Top with Ketchup if desired.

Ham-Stuffed Mushrooms

Number of Servings: 6

Ingredients

12 large mushrooms

2-1/2 oz. cooked ham, finely chopped

1/4 cup red bell pepper, finely chopped

1/2 medium onion, finely chopped

2 Tbsp 99% fat-free chicken broth

1/3 cup Italian bread crumbs

Directions

Preheat oven to 350 degrees F.

Wash mushrooms and separate stems from caps. Finely chop stems and set aside. Save caps to fill later.

Add chopped ham, pepper and onion to a skillet and saute until tender. Add chopped mushroom stems and cook until tender. Remove from heat.

Add chicken broth and bread crumbs. Stir to moisten. If mixture appears too dry, add up to 1 more tablespoon of chicken broth.

Fill mushroom caps with mixture and set inside shallow baking dish. Add up to 1/4 cup water to bottom of dish for additional moisture (optional). Bake at 350 degrees F for 25 minutes. Allow to cool and enjoy!

Spinach, Cheese, & Ham Stuffed Chicken Breast

Number of Servings: 4

Ingredients

4 boneless skinless chicken breasts (4oz each)

4 slices low sodium ham (1oz each)

4 slices Fat Free Mozzarella cheese (1oz each)

1 C baby spinach leaves, chopped

4 TBSP all purpose flour, divided

1 TBSP extra virgin olive oil

1TBSP I Can't Believe It's Not Butter Spread

1C Swanson 99% FF chicken broth

1 TBSP Half-n-Half

Salt & Pepper to taste

Directions

Preheat oven to 350 F.

Cut each breast horizontally almost to the opposite edge. Fold back top half of breast. Sprinkle lightly with salt & pepper. Place 1 slice of ham, 1 slice of mozzarella, & 1/4 cup spinach on each check breast. Fold top half of breasts over filling.

Spread 3 tablespoons flour on a plate. Holding chicken breasts closed, coat in flour & shake off the excess. Lightly sprinkle chicken with salt & pepper.

Heat oil & margarine spread in large skillet over medium heat. Place chicken in skillet & cook about 4 minutes on each side or until browned.

Transfer chicken to shallow baking dish. Bake in oven 10 minutes or until chicken is no longer pink and juices run clear.

Whisk chickn broth and cream into remaining 1 TBSP flour in a small bowl. Pour broth mixture into the skillet you browned the chicken in. Heat over medium heat, stirring constantly, until sauce thickens... about 3 minutes. Transfer chicken breast to 4 plates and spoon the sauce over the top.

Spam & Rice Dinner

Ingredients:

1 cup uncooked rice

2 cups water

1/2 teaspoon salt

1 can SPAM diced in half inch cubes

1 15-16 oz can of stewed tomatoes, juice and all, chopped

Directions:

In medium sauce pan, bring water to boil, add salt and rice. Bring back to boil and cover, turning heat down to medium low. Set timer for 25 minutes.

While rice cooks, place oil into 8" to 10" frying pan and heat over medium high heat, add Spam" and brown, stirring occasionally. When Spam" is nice and golden, add stewed tomatoes. Bring to boil, turn heat to medium low and simmer until rice is done. Stir Spam" tomato mixture and rice together and serve.

Hot Spam Sandwich

Ingredients:

2 slices sandwich-size French or Italian bread

2 slices Spam, 1/2 inch thick

1 thick slice or two thin slices of American cheese

Sandwich spread optional

Directions:

Lightly butter the bread on one side, and grill in a hot skillet until golden. Put on a serving plate toasted side up. Fry the Spam in butter, and place two slices, side by side on one slice of the bread. Top with cheese, cover with other piece of bread. Carefully return the assembled sandwich to the skillet and grill until both sides are golden. At this time, the cheese should be melted to perfection. Serve warm.

Spam Salad

Ingredients:

1 can of Spam, regular or low-salt

1/4 cup diced white onion

1/4 cup diced sweet or dill pickle

1 large hard boiled egg, diced

1/4 teaspoon celery seed

Kraft Sandwich Spread or Salad Dressing to taste

Directions:

Decan the Spam. Either grind or use a food processor to reduce it to consistency of coarse hamburger. Mix with other ingredients using enough Sandwich Spread or Salad Dressing to get the spreading consistency you desire. Chill thoroughly. Serve as dip with chips or crackers or make into sandwiches.

Cheesy Spam Rolls

Ingredients:

2 packages (10-count size) small French rolls

2 cups shredded cheese, divided

2 cans (8 oz size) roasted garlic tomato sauce

1 medium onion, chopped very fine

1 can (4.5 oz size) chopped ripe olives

4 hard-boiled eggs, grated

1 can (12 oz size) Spam, finely diced

Directions:

Slice dinner rolls in half and hollow out centers slightly to make shallow bowls. Place the rolls on a baking sheet and bake at 350° F until they are crisp, about 5 minutes. Reserve 1 cup cheese for topping. Combine the remaining cheese, tomato sauce, chopped onion, olives, grated eggs and diced Spam.

Cabbage Apple Spam Supper

Ingredients:

1/4 cup butter

1/3 cup honey

2 cooking apples, sliced 1/4"

1/2 tsp nutmeg

3 cups shredded cabbage 1/4 tsp clove

12-oz can SPAM, cubed 1/2"

Directions:

In skillet melt butter over medium heat. Add remaining ingredients; toss to combine. Cook over medium heat, stirring occasionally, until apples and cabbage are tender and SPAM is heated through (10 to 12 minutes).

Barbecued SPAM Sandwiches

Ingredients:

1 (12 ounce) can of SPAM®

1 1/2 cups barbeque sauce

1 cup prepared coleslaw

1 loaf French bread, cut into 4 pieces, split and toasted

Directions:

Slice the SPAM lunch meat into thin slices. Combine the sliced lunch meat and barbeque sauce in a large skillet over medium heat. Cook until heated through. Spoon SPAM meat and sauce onto the bottom halves of the toasted bread.

Homemade Rice a Roni

Servings: 6 Servings

Ingredients:

1/2 cup raw spaghetti, broken into 1 inch pieces

3/4 cup raw white rice

14 1/2 ounces broth (any flavor)

2 tablespoons butter or 2 tablespoons margarine

Directions:

In medium skillet saute' broken spaghetti pieces in butter, stirring constantly, until the spaghetti begins to brown.2Add rice, stirring until the rice is well coated with the butter and the spaghetti browns a little more Carefully pour in broth.3Simmer until liquid is absorbed.

Yummy Creamy Rice Pudding

Prep & Cook Time: 50 mins

Ingredients:

3/4 cup uncooked white rice (for creamier pudding use short or medium grain rice)

2 cups milk, divided

1/3 cup white sugar

1/4 teaspoon salt

1 egg, beaten

2/3 cup raisins

1 tablespoon butter

1/2 teaspoon vanilla extract

Directions:

- 1. In a medium saucepan, bring 1 1/2 cups water to a boil.**
- 2. Add rice and stir.**
- 3. Reduce heat, cover and simmer for 20 minutes.**
- 4. In another saucepan, combine the cooked rice, with 1 1/2 cups milk, sugar and salt.**
- 5. Cook over medium heat until thick and creamy, 15 to 20 minutes.**
- 6. Stir in remaining 1/2 cup milk, beaten egg and raisins.**
- 7. Cook 2 minutes more, stirring constantly.**
- 8. Remove from heat, and stir in butter and vanilla.**
- 9. Serve warm.**

Hawaiian Chicken & White Rice

Cook Time: 1 hrs 5 mins

Ingredients:

4 chicken breast halves (skinned & boned)

1/4 cup flour

1/4 cup soy sauce

1/4 cup sugar

1 can pineapple chunk (in its own juice)

1/8 teaspoon chopped parsley

white rice, prepared for four servings

parsley sprig, for decorative purpose.

Directions:

- 1. Skin, bone, and flour chicken breasts and place in covered casserole dish.**
- 2. Mix together the Soy Sauce, Sugar and all of the juice from the can of Pineapple (usually put those ingredients into a gravy mixer and shake vigorously).**
- 3. Pour liquid over Chicken Breasts and sprinkle the Parsley on top.**
- 4. Bake covered in a 350 degree oven for 45 minutes.**
- 5. Add the Pineapple chunks and continue cooking for an additional 15 minutes.**
- 6. Prepare the White Rice during the last 15 minutes the casserole is cooking.**
- 7. Serve the Chicken over the rice, also place fresh parsley sprigs on the plate.**

Spicy Peanut Butter Dressing

Prep Time: 5 minutes

Ingredients:

3 Tablespoons peanut butter, at room temperature

1/4 cup water

1 garlic clove, minced or pressed

1/2 to 1 fresh chile, minced, seeds removed for a milder heat

2 Tablespoons cider or rice vinegar

1 Tablespoon honey

1 Tablespoon soy sauce

1/4 cup diced tomatoes

2 teaspoons grated fresh ginger root

2 Tablespoons chopped fresh cilantro

2 teaspoons fresh lemon juice

Instructions:

In a blender, puree peanut butter, water, garlic, chile, vinegar, honey, soy sauce, tomatoes, ginger, cilantro, and lemon juice until smooth and creamy.

Serve chilled on fresh young spinach with mung sprouts and grated carrots or your choice of salad greens.

This dressing will keep for 2 or 3 weeks tightly sealed and refrigerated. If it separates, shake it well until blended.

Yield: about 1 cup

Peanut Butter, Scallion, and Bacon Appetizers

Prep Time: 20 minutes; Cook Time: 10 minutes; Total Time: 30 minutes

Ingredients:

1/2 cup peanut butter

6 scallions (green onions), chopped

2 tablespoons fresh lemon juice

1 tablespoon soy sauce

**1 tablespoon mayonnaise, plus additional for brushing
the bread slices**

1 teaspoon brown sugar or granulated sugar

9 slices of homemade-type white bread

6 slices of lean bacon

Directions:

Preheat oven to 425 degrees F.

Cut bacon into 1-inch pieces. Fry bacon until cooked through, but not crisp. Drain on paper towels.

In a small bowl, whisk together the peanut butter, scallions, lemon juice, soy sauce, 1 Tablespoon of mayonnaise, and brown sugar until combined. Brush the bread slices with a thin coating of the additional mayonnaise. Spread peanut butter mixture on the bread slices. Cut each slice of bread into 4 pieces and top with a piece of cooked bacon.

Place bread quarter on a non-stick baking sheet. Bake on the center rack in the oven for 8 to 10 minutes until bacon is crisp.

Yield: 36 appetizers

Peanut Butter Punch

Prep Time: 5 minutes

Ingredients:

1-3/4 cups evaporated milk

1-3/4 cups water

2 teaspoons vanilla extract

3 Tablespoons peanut butter

Sugar (optional)

Freshly grated nutmeg

Instructions:

Combine evaporated milk, water, vanilla, peanut butter, and optional sugar in the container of a blender. Blend for about 10 seconds. Garnish with grated nutmeg.

Yield: 4 servings

Peanut Butter Chicken Wings

Prep Time: 25 minutes; Cook Time: 20 minutes; Total Time: 45 minutes

Ingredients:

50 chicken wings, wing tips removed (save for future soup stock, if desired)

2 (12-ounce) bottles beer

1 cup molasses

1/2 cup creamy peanut butter

1/2 cup fresh lemon juice

1/2 cup Worcestershire sauce

1/4 cup prepared mustard

1 teaspoon salt

2 tablespoons chili powder

1/4 cup chopped fresh parsley, for garnish

1 to 2 lemons, sliced thin, for garnish

Instructions:

Preheat oven to 450 degrees F. Line a large roasting pan with foil.

Cut chicken wings in half at the joint and place wings evenly in roasting pan.

In a large, heavy saucepan, combine the beer, molasses, peanut butter, lemon juice, Worcestershire sauce, mustard, salt, and chili powder. Bring to a boil, reduce heat, and simmer over low heat about 15 minutes until sauce has reduced and thickened.

Pour sauce over chicken wings, tossing to coat each wing. Bake for 20 minutes. Remove from the oven and let rest for 10 minutes.

Place wings on a large platter, and sprinkle with chopped parsley. Garnish with lemon slices and serve.

Yield: 15 to 20 servings

Tomato Soup Cake

Ingredients:

2 tbsp butter

1 cup white sugar

1 egg

1 can tomato soup

1 tsp baking soda

1 tsp baking powder

1 ½ cups cake flour

1 tsp cinnamon

½ tsp cloves

½ cup walnuts (optional)

1 cup raisins

Instructions:

Cream butter and sugar; add ½ can tomato soup, raisins and nuts (optional)

Mix baking powder and soda into flour and add gradually with the rest of the can of tomato soup.

Add well beaten egg and spices; pour into 8" x 8" baking pan.

Bake 1 hour at 350 degrees.

Rockin' Lean Bean Casserole

PER SERVING (1/8th of casserole): 100 Calories, 2.5g fat, 436mg sodium, 16g carbs, 3.5g fiber, 4g sugars, 3g protein—Points Plus value 2*

PREP: 15 minutes

COOK: 55 minutes

Ingredients:

2 – 16oz bags frozen French-style green beans, thawed, drained, and dried (can substitute with 2 cans of any bean)

2 – 10.76oz cans 98% fat-free cream of celery condensed soup (can substitute with any cream soup)

1 – 8oz can sliced water chestnuts, drained

1oz (about 15 pieces) onion-flavored soy crisps, crushed (can substitute with any crushed chips)

Instructions:

Preheat oven to 325 degrees. Spray casserole dish (a 2 to 3 quart rectangular one works best) with non-stick spray and set aside.

Make sure the green beans are thoroughly drained and completely dry – use a towel, if needed. Then place half of the green beans in the casserole dish.

Pour 1 can of the soup evenly on top of the layer of green beans. Place half of the sliced water chestnuts over the soup layer. Cover with remaining green beans and then top with the remaining can of soup. Evenly top with the remaining water chestnuts.

Bake in the oven for 45 minutes. Top with crushed soy crisps, and return the dish to the oven until crisps turn golden brown, about 10 minutes.

Enjoy! Makes 8 servings.

Speedy Tuna Noodle Skillet

PER SERVING (1/2 of recipe): 230 calories, 5.5g fat, 797mg sodium, 13g carbs, 5g fiber, 0g sugars, 30g protein.

Ingredients:

2 bags Noodles (can use any kind)

¾ cup Cream of Mushroom Soup

2 – 5 oz cans tuna in water, drained and flaked

Optional: salt, black pepper, garlic powder, chopped onions

Directions:

Use a strainer to rinse and drain noodles well. Dry as thoroughly as possible, using paper towels. Cut noodles up a with kitchen shears and set aside. Add soup to skillet and bring to medium heat on stove. Add noodles and toss to coat.

Add tuna. Cook and stir until hot, 1 -2 minutes.

Season to taste with optional spices and top with onions.

EZ as 1-2-3-Alarm Turkey Chili

PER SERVING: (1 cup): 176 calories, 3g fat, 765mg sodium, 23g carbs, 5.5g fiber, 6g sugars, 13g protein.

PREP: 20 minutes

COOK: 3 – 4 hours (high) 7 – 8 hours (low)

Ingredients:

1 – 29 oz tomato sauce

1 – 14.5 oz can diced tomatoes, drained

1 – 15 oz can chili beans (pinto beans in chili sauce), not drained

1 – 15 oz can red kidney beans, drained and rinsed

1 cup frozen sliced or chopped carrots (can substitute for 1 can of any vegetable)

1 cup frozen sweet corn kernels (can substitute for 1 can of corn nibblets)

2 bell peppers, chopped (optional)

1 large onion, chopped

1 – 3 canned chipotle peppers in adobo sauce, chopped, sauce reserved (optional)

2 tsp. chopped garlic

1 tsp. chili powder

1 tsp. ground cumin

1 lb. raw lean ground turkey (can substitute for canned chicken/turkey)

Optional: salt

Directions:

Combine all ingredients except turkey and salt in a large bowl. Add 2 tsp. adobo sauce from canned chipotle peppers. Mix to combine and coat all the beans and veggies with sauce.

Put turkey in the bottom of a crock pot and break it up into small chunks. Top with the mixture from the large bowl and mix well.

Cover and cook on high for 3 -4 hours or on low for 7 – 8 hours.

Stir and serve.

Makes 12 servings

Scoopable Chinese Chicken Salad

PER SERVING (1 ½ cups): 195 calories, 3g fat, 595mg sodium, 21g carbs, 4.5g fiber, 12.5g sugars, 22.5g protein.

Ingredients:

1 – 16oz package (about 5 ½ cups) dry broccoli coleslaw (can substitute with coleslaw mix or chopped lettuce)

1 – 8oz can (about 1 cup) sliced water chestnuts, drained

1 cup canned mandarin orange segments packed in juice (or light syrup), drained and chopped

1 cup chopped scallions (or onions)

12oz cooked and chopped skinless lean chicken breast (can substitute with canned chicken)

¾ cup low-fat sesame ginger dressing (can substitute with any dressing)

Directions:

In a large bowl, combine slaw, water chestnuts, orange segments, scallions and chicken. Mix well.

Top with dressing and toss to coat.

Makes 5 servings

Upside-Down Pumpkin Pie

PER SERVING (1 slice): 144 calories, 0.5g fat, 110mg sodium, 30g carbs, 2g fiber, 26g sugars, 5g protein.

Prep: 15 minutes

Cook: 45 minutes

Chill: 2 hours or more

Ingredients:

1 – 15oz can pure pumpkin (NOT pumpkin pie filling)

1 – 12oz can evaporated fat-free milk

½ cup liquid egg substitute (or 3 eggs)

2/3 cup granulated sugar (or HG Alternative)

2 tsp. pumpkin pie spice or cinnamon

2 sheets (8 crackers) low-fat graham crackers (plain or cinnamon), finely crushed

Optional: Fat Free Reddi-wip, cinnamon

Directions:

Preheat oven to 350 degrees. Spray a deep-dish pie pan with non-stick spray. In a bowl, combine all ingredients except graham crackers and optional ingredients. Whisk thoroughly. Transfer to pie pan.

Bake in the oven until partially firm, about 45 minutes. (It will firm up completely once chilled)

Refrigerate at least 2 hours or longer.

Top evenly with crushed graham crackers. Serve topped with whipped cream and cinnamon.

Makes 8 Servings

Tomato Chicken & Pasta Bake

PER SERVING: 367 calories, 6g fat, 639mg sodium, 37g carbs, 3g fiber, 39g protein

Prep Time: 5 min, Cook Time: 45 min

Ingredients:

1 can (10oz/284ml) Condensed Tomato with Basil & Oregano Soup

1 soup can water

2 ¼ cups (525ml) uncooked rotini pasta

2 cups (500ml) chopped fresh spinach (can be substituted for any canned veggie)

1 cup (250ml) quartered fresh/canned mushrooms

4 (500g) boneless, skinless chicken breast halves (can be substituted for canned chicken)

½ cup (125ml) shredded mozzarella cheese

¼ tsp. (1ml) cracked black pepper

Directions:

Mix soup, water and pasta in shallow 2 qt (2L) baking dish. Stir in vegetables.

Top with chicken. Sprinkle with cheese and pepper. Cover

Bake at 375 F until chicken is cooked through and pasta is tender – about 45 minutes. Remove cover and broil until cheese is golden and bubbly – about 3 minutes.

Tuna Penne Bake

PER SERVING: 419 calories, 8g fat, 4 g saturated fat, 828mg sodium, 56g carbs, 5g fiber, 32g protein

Prep Time: 5 minutes. Cook Time: 40 minutes

Ingredients:

1 can condensed cream of celery soup or any cream soup

2 ½ cups uncooked dry penne pasta

1 cup frozen or canned peas (drained)

2/3 cup 1% milk

2 cans tuna drained and flaked

3 tbsp Dijon mustard or any mustard

1 tbsp lemon juice

½ cup shredded sharp Cheddar cheese

1 cup mixture of coarsely chopped onion and mushrooms (can use canned mushrooms, drained)

Cracked black pepper for garnish

Directions:

Prepare pasta according to packaging directions, omitting salt and adding peas for last 5 minutes of cooking time. Drain and set aside.

Combine in 2 qt baking dish, soup, milk, tuna, mustard, lemon juice and half of cheese. Gently stir in pasta, peas and onion-mushroom mixture. Top with remaining cheese. Sprinkle with pepper

Bake at 400F until bubbling and hot – about 30 minutes.

Spicy Salsa Beef Pasta

PER SERVING: 393 calories, 13g fat, 554mg sodium, 37mg potassium, 38g carbs, 2g fiber, 24g protein

Prep Time: 5 minutes. Cook Time: 25 minutes

Ingredients:

¾ lb lean ground beef

1 ¼ cups low sodium beef broth

1 ¼ cups water

1 cup each, chopped celery and green pepper (can substitute for 1 can veggies)

2 cups uncooked wagon wheel pasta

1 can condensed cheddar cheese soup

½ cup pace chunky hot salsa

Directions:

Cook beef in large skillet at medium-high heat until browned, stirring often. Place beef into large bowl. Reduce skillet heat to medium, add vegetables and cook 3 minutes.

Add broth and water; bring to boil. Add pasta. Cook at gentle boil until just tender, stirring often.

Stir soup, salsa and pasta mixture into reserved beef. Return to skillet, heat through.

Tex Mex Chicken & Rice Bake

PER SERVING: 436 calories, 9g fat, 597mg sodium, 46g carbs, 2g fiber, 42g protein.

Prep Time: 10 minutes Cook Time: 45 minutes

Ingredients:

1 can condensed creamed soup

1 soup can 1% milk

¾ cup uncooked regular long-grain white rice

1 ½ tsp chili powder

1 ½ cups mixture of red and green pepper strips, chopped onion (optional)

½ cup frozen corn (can substitute for canned corn, drained)

4 boneless, skinless chicken breast halves (can substitute for canned chicken)

½ cup shredded Tex Mex cheese or any shredded cheese

Directions:

Mix soup, milk, rice and chili powder in shallow 2 qt baking dish. Spread evenly with vegetables.

Top with chicken. Sprinkle chicken with cheese and additional chili powder, if desired. Cover.

Bake at 400F until chicken is cooked through and rice is tender – about 45 minutes. Remove cover and broil until cheese is golden and bubbly – about 3 minutes. Stir before serving.