

Sweet and Tangy Pork Chops

1 tbsp vegetable oil
Pork chops
1 can tomato soup
1 tbsp packed brown sugar
2 tbsp white vinegar
1 tbsp Worcestershire sauce
Hot cooked rice

Heat oil in a skillet. Add the pork chops and cook until browned.

Mix the soup, sugar, vinegar, Worcestershire sauce in a bowl. Add to the pork chops, heat to a boil. Cover and cook over low heat for 10 minutes or until pork chops are done.

Serve with rice.

Salmon Ball Casserole

2 cans Salmon
½ cup long grain rice, raw
½ cup grated carrot
¼ cup chopped onion
1 egg
½ tsp salt
1/8 tsp pepper
1 can cream of mushroom soup
½ cup water

Put salmon and juice into medium size bowl. Remove skin and round bones.

Add rice, carrot, onion, egg, salt and pepper. Mix together well. Shape into balls and put in casserole dish, leaving room for expansion.

Mix soup and water together. Pour over top. Bake covered in oven 350 F for about 1 hour.

Cheesy Chicken Noodle Skillet

3 cups Egg Noodles, uncooked
1 lb cut up chicken (bite size pieces)
2 cups frozen broccoli
½ cup chicken broth
½ cup cream cheese
¼ cup mayonnaise/salad dressing
1 cup shredded cheese

Boil water in a large sauce pan, add noodles & chicken. Cook for 8 minutes or until chicken is cooked through and noodles are tender, add broccoli, cook for another 6 minutes. Drain.

Add broth, cream cheese and dressing. Simmer on med-low heat for 2 to 3 minutes or until cream cheese is melted and sauce is well blended, stir constantly. Add shredded cheese, stir until melted.

Barbecued Beef (Crockpot)

Roast

1 tbsp beef oxo
mix.)

(Note: you can substitute the beef oxo & onion for a pkg of onion soup

1 onion, chopped
1/2 green pepper, diced
1 celery, diced

Pepper

1 can tomato sauce
1 cup BBQ sauce
1/2 cup brown sugar

Place roast in crockpot. Sprinkle with beef oxo, onion, green pepper, celery & pepper. Cover with lid and cook at least 8 hours. **DO NOT ADD ANY MORE LIQUID.**

After roast has cooked at least 8 hours, combine tomato sauce, BBQ sauce & brown sugar. Pour over the beef and bake in the slow cooker for 1 hour more.

Chicken and Broccoli Divan

3 cups hot cooked broccoli spears
2 cups cubed, cooked chicken
1 can cream of broccoli soup
1/3 cup milk
1/2 cup shredded cheese
3 tbsp dry bread crumbs
1 tbsp margarine or butter, melted

Arrange broccoli and chicken in a pie plate or other shallow baking dish. Combine the soup and milk, pour over the broccoli and chicken.

Sprinkle with cheese. Mix the bread crumbs with the melted margarine and sprinkle over the cheese layer. Bake at 450 for 20 minutes or until heated through.

Pork Stir Fry

1 lb pork chops, sliced
3/4 cup teriyaki sauce
2 tbsp oil

Frozen stir fry vegetables

1/3 cup chicken broth
2 tbsp corn starch
2 tsp sugar
2 cloves garlic

Marinate sliced pork chops in teriyaki sauce for at least 1 hr. Remove pork from sauce and place in a large skillet with oil. Cook over med to high heat until meat is no longer pink. Remove from skillet. Add the frozen vegetables and cook until crisp. Add the pork. Mix the chicken broth, corn starch, sugar and garlic and add it to the skillet. Simmer until the sauce is thickened.

Baked Spaghetti

Tomato Sauce (or you can use premade)

Ground Beef

1 Can Tomatoes
1 Can Tomato Sauce
Onion (Chopped)
Celery (Chopped)
Mushrooms (Chopped)
Italian Seasoning
Salt and Pepper
Water (if sauce is too thick)
Spaghetti noodles
2 ½ cups Cottage cheese
Shredded cheese

Scramble fry ground beef until brown. Transfer beef to a large pot, add tomatoes, tomato sauce, onion, celery, mushrooms, Italian seasoning, salt and pepper. Bring to a boil, reduce heat and simmer. Add water if the sauce is too thick.

As the sauce is simmering, boil the spaghetti noodles until cooked. Drain the water and add the noodles to the sauce and mix thoroughly. Mix in the cottage cheese and transfer mixture to a baking/casserole dish. Top with shredded cheese.

Bake in oven at 350 for about ½ hour.

Alternative Layered Variation:

After the spaghetti is cooked, beat 2 eggs and mix with warm spaghetti, margarine and parmesan cheese. In a baking dish layer the spaghetti mixture, then a layer of cottage cheese, then a layer of the meat mixture, then top with the shredded cheese.

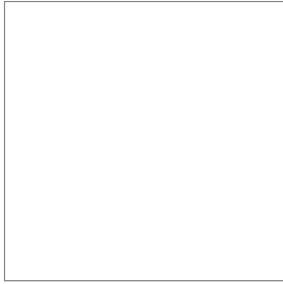
Chicken & Rice

2/3 cup Rice
Chicken
1 Envelope Dry Onion Soup Mix
1 Can Mushroom Soup
Water
Salt & Pepper (to taste)

Sprinkle 2/3 cup of rice in flat baking dish, place cut up (skinned) chicken on the rice. Sprinkle with 1 envelope of dry onion soup mix.

Mix 1 can of mushroom soup & about 2 cans of water. Pour this over the chicken. Add salt & pepper to taste. Cover and bake at 350 for 1 ½ - 2 hours. Remove the cover at the end of cooking time to brown.

Onion Pan-Fried Pork Chops



1 (1 ounce) envelope dry onion soup mix

2 pork chops

1/4 cup all-purpose flour

1 cup olive oil for frying

Before opening the onion soup mix, use your hands to crush the larger bits of onion in the packet. Open the packet, and pour the mix into a shallow bowl. Stir in the flour.

Heat the oil in a heavy skillet over medium heat. The oil is hot enough when a pinch of the flour mixture sizzles when tossed into the oil. Coat pork chops in the onion soup mixture, and shake off the excess. Carefully place in the hot oil.

Turn chops over after about 30 seconds to quickly sear both sides. Cook for about 4 minutes per side, or to desired degree of doneness.

Beef and Corn Bake

2 lbs ground beef
1 medium onion
1/4 cup cooking oil
12 oz kernel corn
1 can condensed tomato soup
1 tsp salt
1/2 tsp pepper
1 tbs ketchup
2 cups cooked noodles
1 cup grated cheddar cheese

Put ground beef, onion and oil into frying pan. Stir to break up meat as it browns. Drain off fat & discard. Put meat mixture into large bowl. Put corn, soup, salt, pepper and ketchup into same bowl. Stir to mix together with meat.

Prepare noodles, drain and combine with all other ingredients in the bowl. Pour into 3 quart casserole dish.

Sprinkle grated cheese over top. Cover. Bake at 350 F for 45 minutes. Remove cover and continue to bake until cheese is melted and bubbly.

Beef & Mushroom Skillet

2 tbs oil
Beef steak, cut in strips
1 can sliced mushrooms
3 tbs chopped onion
1 can Cream of mushroom soup
1/2 cup Water
2 tbs Dijon mustard
Cooked Rice

Heat 1/2 the oil in a large skillet, add the beef and cook through. Remove the beef and add remaining oil, mushrooms and

onion. Stir fry until tender.

Mix the soup, water and mustard. Add it to the skillet. Heat to a boil and add the beef.

Serve with the cooked rice.

Chicken, Broccoli & Cheese Bake

1 Can Chicken Thigh Pieces (Skinned)
1 Can Cream of Broccoli & Cheese Soup
Macaroni noodles (whatever kind of noodles you choose)
Crushed corn flakes

Grease casserole dish, place chicken pieces in dish. Pour soup over the pieces and bake at 375 for about 45 minutes. Add the uncooked noodles and top with the crushed corn flakes. Bake at 375 for an additional 20 minutes or until the noodles are tender.

Beef Noodle Bake

1 lb Ground Beef
1 can Tomato Soup
1 can Cream of Mushroom Soup
1 cup chopped celery
1 cup chopped onion
1 cup chow mein noodles

Chow mein noodles

Scramble fry ground beef until browned. Put into 1 1/1 quart (1.5 L) casserole dish.

Add next 6 ingredients. Stir to mix well. Smooth top.

Sprinkle extra noodles over top. Bake uncovered in 375 F oven for 45 minutes or to the degree of doneness you like the celery and onion.

Chicken Hurry

Chicken Parts

½ cup ketchup
¼ cup water
¼ cup brown sugar, packed
1 env dry onion soup mix

Arrange chicken in small roaster or casserole.

In small bowl, combine ketchup, water, sugar and soup mix. Mix together well. Spoon over chicken making sure some is on every piece. Bake covered in oven 350 F for at least 1 hour.

Zesty Tomato Pork Chops

1 Tbsp Vegetable Oil
4 Pork Chops
1 Green or Red Pepper – cut into strips
1 Can Tomato Soup
¼ cup water

1 Tbsp vinegar
1 tbsp packed brown sugar
1 Tbsp worcestershire sauce
1 tsp Basil
1 tsp oregano

Heat oil at medium to high heat in large skillet. Add pork chops, cook until browned on all sides. Take pork chops out and set aside. Add the pepper strips and stir fry about 3 minutes. Drain fat and reduce heat to medium.

Stir in mixture of last seven ingredients. Heat to a boil. Add pork chops. Cover and simmer until pork chops are cooked through.

Cheeseburger Bake

8 slices bread, toasted – both sides buttered
1 lb ground beef
¼ cup chopped onion
2 tbsp chopped celery
1 tbsp prepared mustard
½ tsp Salt
1 cup shredded medium cheddar cheese
1 egg, fork beaten
¾ cup milk
½ tsp salt
1/8 tsp pepper
1/8 tsp dry mustard

Paprika

Arrange 4 toast slices in bottom of greased 9 x 9 inch pan. Set aside.

Put beef, onion, mustard & salt into frying pan. Scramble fry until brown and onion is tender. Spread ½ of this mixture over the toast. Sprinkle ½ the cheese over the top.

Arrange remaining toast slices over cheese. Spread with remaining meat mixture followed by the rest of the cheese.

Mix egg, milk, salt, pepper and mustard together. Pour over top. Sprinkle with paprika. Bake uncovered in 350 F oven for about 30 – 35 minutes.

Chicken Marinade

Chicken Breasts

4 tbsp honey
¼ cup lime juice
2 tbsp oil
2 tbsp mustard
2 cloves garlic, pressed

Salt & Pepper to taste

Mix honey, lime juice, oil, mustard, garlic, salt and pepper to form sauce. Marinade the chicken for at least 1 hour.

Remove the chicken from the marinade, place in a baking pan, cook in the oven at 375 until done. (about 45 minutes).

Braised Beef Pot Roast with Mixed Peppercorns

2 tbsp whole peppercorns
2 tbsp Dijon mustard

1 tsp salt
Boneless beef pot roast
3 tbsp oil
Pearl onions, peeled
1 ½ cups beef stock
1 cup red wine

Crush 1 tbsp of the peppercorns, combine with mustard and ½ tsp salt. Pat beef dry, rub mustard mixture all over roast. In large deep dutch oven, heat 2 tbsp of oil over med – high heat; brown beef all over, turning with tongs, for about 10 minutes. Remove and set aside. Reduce heat to med. Add remaining oil, cook onions and remaining salt until golden brown. Remove the onions and set aside.

Add beef stock, red wine and remaining peppercorns, bring to a boil, stirring and scraping up brown bits from bottom of pan. Return meat and any juices to pan. Cover and simmer over med – low heat or in 325 oven, turning beef occasionally for about 2 hours. Add pearl onions; cook until pearl onions and roast are fork-tender.

Transfer roast to a cutting board; tent with foil and let stand for 15 minutes before carving.

Cheesy Beef and Veggie Pasta

3 cups pasta, uncooked
Ground beef
2 carrots, sliced
4 green onion, chopped
2 cups milk
1 cup frozen peas
½ cup cheez wiz (or other processed cheese)
½ cup shredded cheese (mozzarella or cheddar)

Cook pasta as directed. Brown the meat in a large skillet and drain the oil. Add the carrots and onions, cook until tender.

Drain the pasta and add it to the meat mixture along with the milk, peas and cheeses. Reduce heat to medium-low and cook until everything is heated through, stirring occasionally. Sprinkle with shredded cheese on top.

Chicken, Vegetable & Noodles

1 tbsp vegetable oil
1 lb chicken, cut in chunks
1 can cream of celery soup
2 ¼ cups water
2 cups frozen mixed vegetables
2 cups uncooked pasta

Heat oil at medium-high heat in large skillet. Add chicken and stir fry until cooked through.

Combine soup, water & vegetables, add to skillet. Heat to a boil, stirring frequently. Add pasta and cook until pasta is tender, stirring frequently.

Chow Mein Casserole

Brown hamburger with onions and celery. Place in a casserole dish. Add ½ cup of rice, 1 pkg or can of chicken noodle soup, 1/6 cup of soy sauce, 1 can mushrooms with juice & 2 cups of water. Top with chow mein noodles. Bake at 350 covered for 1 hour.

Citrus Skillet Chicken & Rice

1 tbsp vegetable oil
Cut up chicken (about 1 lb)
1 ¼ cups chicken broth
¾ cups orange juice
1 medium onion
1 cup uncooked regular long grain rice
1 ½ cups fresh or frozen green beans

Heat oil at medium – high heat in large skillet. Add chicken and cook until browned on all sides. Set chicken aside.

Stir in broth, orange juice and onion. Heat to a boil. Stir in rice and beans. Reduce heat to low. Cover and cook – about 10 minutes. Return chicken to skillet.

Simmer covered until chicken is cooked through and rice has absorbed most of the liquid – about 10 minutes.

Cowboy Chicken

2 tbsp Olive Oil
Chicken, cut up bite size pieces
1 – 2 cups BBQ sauce
1 can brown beans
1 cup shredded cheese

Fry the chicken in the olive oil. Transfer the chicken to a baking/casserole dish. Mix in the BBQ sauce and brown beans.

Cover & place in oven at 350 for about 40 minutes, top with cheese for the last 5 minutes. Goes well with mashed potatoes, French fries or perogies.

Easy Lasagna

Ground Beef
1 can crushed tomatoes
1 can tomato sauce
Onion, chopped
Celery, chopped
Garlic powder
Italian seasoning
Lasagna noodles
Cottage cheese
Shredded cheese

Brown the ground beef in a skillet. Add the onion, celery, garlic powder and Italian seasoning, cook until onion and celery are softened. Transfer to a large pot. Add the tomatoes and tomato sauce. Heat to a boil, reduce heat, cover and simmer.

Break up the lasagna noodles into smaller pieces and cook.

Place the cooked noodles in a casserole dish, spread the cottage cheese over the noodles. Cover with the meat mixture and top with shredded cheese.

Cook in a 375 oven for ½ hr to 45 minutes.