

Forgotten Minestrone serves 8

1 lb. lean stew meat

6 C water

1 Can (28oz) tomatoes with liquid, cut up

1 beef bouillon cube

1 med. onion, chopped

2 tsp minced, dried parsley

2 1/2 tsp salt (Optional)

1 1/2 tsp ground thyme

1/2 tsp pepper

1 med. zucchini, thinly sliced

2C finely chopped Cabbage
1 can (16oz) Garbanzo beans, drained.
1C uncooked small elbow or shell macaroni
1/4C Grated Parmesan cheese, optional.
In slow cooker, combine beef, water,
tomatoes, bouillon, onion, parsley, salt,
y desired, thyme + ~~pepper~~ pepper. Cover & cook
7-9 hrs. or until meat is tender. Add zucchini,
Cabbage, beans + macaroni. Cook on high,
Covered 30-45 min. or until vegetables are
tender. Sprinkle individual servings
with Parmesan cheese, if desired.

Slow Cooked Pepper Steak 6-8 servings

1 1/2 - 2 lbs. beef round steak

2 tbs. cooking oil

1/4 C soy sauce

1 C onion, chopped

1 clove garlic, minced

1 tsp sugar

1/2 tsp salt 1/4 tsp pepper

1/4 tsp ground ginger

1 Cm (1/2") tomatoes with liquid, cut up

2 large green peppers, cut into strips

1/2c cold water

1 tbsp Cornstarch.

Cooked rice or noodles.

Cut beef into 3 in x 1 in. strips; brown in oil in skillet. Transfer to slow cooker. Combine rest seven ingredients; pour over beef.

Cover + Cook on low 5-6 hrs or till meat is tender. Add tomatoes + green peppers;

Cook on low for 1 hr longer. Combine cold water + Cornstarch to make a paste; stir into liquid in slow cooker + Cook on high until thickened. Serve over rice or noodles.

3 cans
Mixed veg

1 c salad dr.

1 c grated velveta cheese

Ritz crackers 1 roll
butter

350°

One large onion

Peel cut top -
bottom off

Slice a cross through
but not all the
way through.

In the slit put in
a pat or 2 of
butter - Sprinkle

on garlic powder
onion powder salt
pepper (whatever) +
top with Worcestershire.

Bake 400° about 30 min or
til tender.

MEXICAN CHICKEN CASSEROLE

1 1/4 cups hot water
3/4 cup salsa, divided
1 Tbsp. margarine
1 package (6 oz.) Stove Top Chicken Flavor Stuffing Mix
3-4 boneless skinless chicken breast halves
1/2 cup shredded Monterey Jack cheese or cheddar cheese

1. Heat oven to 350 degrees
2. Stir water, 1/4 cup of the salsa, margarine and contents of vegetable seasoning packet in 2-quart baking pan. Stir in stuffing crumbs to moisten.
3. Arrange chicken over stuffing. Pour remaining salsa over chicken. Loosely cover pan with foil; bake 55-60 minutes.
4. Sprinkle with cheese; remove to serving plate. Fluff stuffing with fork; serve with chicken.


CHICKEN CASSEROLE

1 whole chicken, cooked
1 can cream of chicken soup
1 can milk OR broth

1 6-oz. package Stove Top Stuffing, made according to directions

Take meat off the bone and dice in small pieces. Layer in a casserole dish. Mix together the soup and the milk or broth. Pour over the meat in the dish. Top with the prepared stuffing. Bake for 30 to 45 minutes at 350 degrees, until gravy is bubbly.

Grilled Rosemary Pork Roast

 Uses less fat, sugar or salt. Includes Nutritional Analysis and Diabetic Exchanges.

- 3 medium tart apples, peeled and chopped
- 1 cup unsweetened apple cider or juice
- 3 green onions, chopped
- 3 tablespoons honey
- 1 to 2 tablespoons minced fresh rosemary or 1 to 2 teaspoons dried rosemary, crushed
- 2 garlic cloves, minced
- 1 boneless pork loin roast (3 pounds)

In a saucepan, combine the first six ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Cool slightly. Place pork roast in a large resealable plastic bag; add half of the marinade. Cover and refrigerate overnight, turning occasionally. Transfer the remaining marinade to a bowl; cover and refrigerate.

Drain and discard marinade. Grill roast, covered, over indirect medium-low heat for 1-1/2 to 2 hours or until a meat thermometer reads 160°, turning occasionally. Let stand for 10 minutes before slicing. Heat reserved marinade; serve with pork. **Yield:** 8 servings.

Nutritional Analysis: One serving equals 312 calories, 9 g fat (3 g saturated fat), 94 mg cholesterol, 79 mg sodium, 19 g carbohydrate, 2 g fiber, 37 g protein. **Diabetic Exchanges:** 3-1/2 lean meat, 1 starch, 1 fat.



Cheesy Chicken & Broccoli Macaroni

Prep time: 10 minutes Cook time: 15 minutes

CLIP

- 4 boneless, skinless chicken breast halves (about 1-¹/₄ lb.), cut into chunks
- 1 can (14-¹/₂ oz.) chicken broth
- 2 cups (8 oz.) elbow macaroni, uncooked
- ³/₄ lb. (12 oz.) VELVEETA Pasteurized Prepared Cheese Product, cut up
- 1 pkg. (10 oz.) frozen chopped broccoli, thawed

- ① **SPRAY** large skillet with no stick cooking spray. Add chicken; cook and stir 2 minutes or until no longer pink.
 - ② **STIR** in broth. Bring to boil. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 8 to 10 minutes or until macaroni is tender.
 - ③ **ADD** VELVEETA and broccoli; stir until VELVEETA is melted.
- Makes 6 servings.

Quick and Easy Salmon Cakes



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|-----|---|-------|-----------------------------------|
| 1 | (12 oz.) can pink salmon,
skin removed | 1/2 | cup all-purpose flour |
| | | 1 1/2 | teasp. baking powder |
| 1/3 | cup diced onion | 1 1/2 | cups Wesson® Vegetable Oil |
| 1 | egg, lightly beaten | | |

Drain salmon reserving 2 Tablespoons juice. • In a bowl, combine juice with all ingredients except oil; mix well. • Evenly divide into 6 balls; form into patties. In large skillet in hot oil, fry patties on each side until golden brown. Drain on paper towels. • *4 - 6 Servings.*

