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UtahStateUniversity
COOPERATIVE EXTENSION

SKILLET MEALS

NEP

Nutrition Education Program

Department of Workforce Services

Utah's Job Connection

SKILLET MEALS

Skillet meals can add interest and variety to everyday meals. They are easy to make and serve. They are perfect for busy homemakers who are pushed for a nutritious meal in minutes. Making a skillet meal is also a good way to use up leftovers in the refrigerator.

Things to Know

- Skillet meals provide part of the protein that we need in the form of fish, meat, poultry, eggs, and cheese.
- A skillet meal can contain something from every food group. If it doesn't contain all the ingredients for a complete meal, replace what is lacking with a side dish.
- You can save money when preparing a skillet meal by:
  - -Using bread or dried beans to extend the meal.
  - -Using less tender cuts of meat. You can make them more tender by cooking slowly with moisture, grinding, cubing, pounding and scoring.
  - -Using leftovers.
  - -Using fresh vegetables only if they are in season.
- The directions for assembling a skillet meal can be used for oven casseroles as well. Simply mix or layer ingredients in a casserole dish and place in a 350 degree oven and bake until hot and bubbly (about 35 minutes).

Skills

- Keep food in bite-size pieces which you can identify.
- Provide contrast in flavor, color and texture.
- A covered pan or skillet retains heat and moisture for quick cooking.
- Do not overcook any foods that need to be precooked for use in skillet meals. This is especially true for rice, noodles, macaroni and other pasta products. They will finish cooking during the time the skillet meal is cooking.

Storage

- Skillet meals can be refrigerated for a few days. Store in air tight containers.
- Skillet meals do not freeze well after cooking because pasta turns mushy. However, all the ingredients may be combined ahead of time and frozen until ready to cook.

Skillet Meals Using the Food Guide Pyramid

Directions:
Choose one food from each level on the pyramid.

Combine all ingredients in a large skillet or fry pan.

Cook until heated through. If you don't have enough of one item from a group, mix together two or more items from the same group.

Season to Taste

Toppings

Sauces

Dairy
- 2 c prepared quick sauce mix.
- 2 c white sauce
- Combine 1/2 c skim milk
- 3/4 c Mayo +
- 2 T lemon juice
- 1 c Yogurt + 1/2 c milk
- 1 can cream soup

Other
- Meat Broth
- Bouillon
- Left over gravy
- Stewed Tomatoes
- Tomato Juice or Sauce

Protein

Use precooked or plan on cooking in skillet before adding other ingredients

Beef or Pork Poultry or Lamb Eggs or Cheese Fish Beans

Vegetables

Use about 2 cups of any vegetable. These can be leftover, canned, fresh or Frozen. Root vegetables should be partially cooked or sautéed.

- Green beans Green peas
- Celery, Sliced
- Tomatoes
- 2 cups green lima beans
- Cucumbers, pared, cubed and cooked 5 minutes
- Carrots
- Zucchini, diced
- Rutabagas
- Parsnips
- Red or green Peppers, Chopped
- Broccoli, Chopped
- Turnips
- Spinach
- Onions, Chopped and Sautéed
- 2 cups mashed potatoes
- 2 cups sliced potatoes
- 2 cups whole kernel or cream

Grains and Pastas

Use about 3 cups of cooked grain

Rice Stuffing Biscuits Macaroni Noodles Lasagna Spaghetti Couscous Tortillas
Crackers Waffles Wheels Macaroni and Cheese

Fat-Free Quick Sauce/soup Mix

- 2 c powdered nonfat milk
- 3/4 c cornstarch
- 1/4 c instant chicken bouillon
- 2 T dehydrated onion flakes
- 2 t Italian Seasoning

Combine all ingredients. Store until ready to use. Equivalent to 9 cans of soup. To substitute for 1 can of cream soup- combine 1/3 c dry mix and 1-1/4 c cold water and cook until thickened. Add to a recipe as you would a can of soup.

Company Casserole

Ingredients:

1/8 tsp. salt
5 cups water
1 medium head cauliflower
(about 4 cups florets)
2 cups cooked ham, cubed
1/2 lb. fresh sliced mushrooms
4 Tbsp. butter
2 Tbsp. flour
1 cup milk
1/4 tsp. salt
1 cup cheddar cheese, shredded
1/2 cup fine bread crumbs

Directions:

Cook cauliflower in water and salt until tender, drain. Sauté mushrooms in 2 Tbsp. oil. Combine cauliflower, ham and mushrooms together in a 1 1/2 quart casserole dish. In a medium saucepan, over medium heat, melt remaining butter; stir in flour and remaining salt. Add milk and stir until mixture thickens. Add sour cream and half of the cheese to sauce; stir to melt cheese. Pour over vegetables. Top with remaining cheese and sprinkle with bread crumbs. Bake uncovered at 350° for 25-30 minutes, until hot and crusty.

Company Casserole Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**6**

Amount per serving
Calories 361 **Calories from Fat 200**

	% Daily Value
Total Fat 13g	34%
Saturated Fat 5g	59%
Cholesterol 30 mg	29%
Sodium 660 mg	66%
Total Carbohydrate 5g	5%
Dietary Fiber 0g	6%
Sugars 5g	
Protein 5g	

Vitamin A	12%	Vitamin C	57%
Calcium	22%	Iron	14%

Ground Beef Stroganoff

Ingredients:

1 lb. ground beef
2 Tbsp. flour
3/4 tsp. salt
1/4 tsp. pepper
½ cup sour cream
2 cups water
2 cups noodles
1 can cream of mushroom soup*
2 Tbsp. minced onion

Directions:

Brown beef in skillet. Combine flour, salt and pepper. Add onion and 2 cups of water and bring to boil. Sprinkle in noodles and cook about 20 minutes. Stir in soup and sour cream. Heat 2-3 minutes.

* 1/2 cup Basic Sauce Mix plus 1/2 cup water may be substituted for one can of cream of mushroom soup.

Ground Beef Stroganoff Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**4**
Amount per serving	
Calories 559 Calories from Fat	**209**
	% Daily Value
Total Fat 13g	36%
Saturated Fat 5g	45%
Cholesterol 30 mg	30%
Sodium 660 mg	36%
Total Carbohydrate 5g	16%
Dietary Fiber 0g	7%
Sugars 5g	
Protein 5g	

Vitamin A	27%	Vitamin C	9%
Calcium	5%	Iron	27%

Cheeseburger Casserole

Ingredients:

1 lb. ground beef
1 cup water
1/2 cup cheddar cheese
1/2 cup Basic Sauce Mix
1 cup uncooked macaroni
1 (16 oz.) can chopped tomatoes

Directions:

Brown beef, drain fat. Add remaining ingredients, except for cheese. Simmer covered for 20 minutes or until macaroni is tender. Remove from heat and add cheese.

Yield: 6 servings

Cheeseburger Casserole Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**6**

Amount per serving
Calories 8 **Calories from Fat 0**

	% Daily Value
Total Fat 13g	27%
Saturated Fat 5g	38%
Cholesterol 30 mg	23%
Sodium 660 mg	22%
Total Carbohydrate 5g	9%
Dietary Fiber 0g	4%
Sugars 5g	
Protein 5g	

Vitamin A	11%	Vitamin C	19%
Calcium	20%	Iron	19%

Hearty Potato Casserole

Ingredients:

1 lb. ground beef
3/4 cup water
6 potatoes, pealed and thinly sliced
1 cup frozen peas and carrots
1/2 cup plus 1 Tbsp. Basic Sauce Mix

Directions:

Brown beef; drain fat. Add remaining ingredients. Simmer covered for 20-30 minutes or until potatoes are tender. Stir and cook uncovered until excess water is evaporated.

Yield: 8 servings

Hearty Potato Casserole Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**8**
Amount per serving	
Calories 331	**Calories from 100**
	% Daily Value
Total Fat 13g	17%
Saturated Fat 5g	21%
Cholesterol 30 mg	15%
Sodium 660 mg	35%
Total Carbohydrate 5g	13%
Dietary Fiber 0g	15%
Sugars 5g	
Protein 5g	

Vitamin A	24%	Vitamin C	60%
Calcium	18%	Iron	35%

Skillet Lasagne

Ingredients:

1 lb. ground beef
½ cup onion
2 (8 oz.) cans tomato sauce
1½ cup water
¼ tsp. garlic powder
1 tsp. Italian seasoning
1 – 8 oz. pkg. wide noodles
1 cup cottage cheese
½ cup grated cheese

Directions:

Brown beef and onion in a large frying pan; drain. Add tomato sauce, water, garlic powder and seasoning; bring to a boil. Add uncooked noodles, cover and simmer for 10 minutes. Stir mixture; spread cottage cheese on top and sprinkle with grated cheese. Cover and simmer for 10 minutes until noodles are tender.

Yield: 6 servings

Skillet Lasagne Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**6**

Amount per serving
Calories 443 **Calories from Fat 182**

	% Daily Value
Total Fat 13g	31%
Saturated Fat 5g	44%
Cholesterol 30 mg	23%
Sodium 660 mg	32%
Total Carbohydrate 5g	12%
Dietary Fiber 0g	10%
Sugars 5g	
Protein 5g	

Vitamin A	19%	Vitamin C	20%
Calcium	13%	Iron	21%