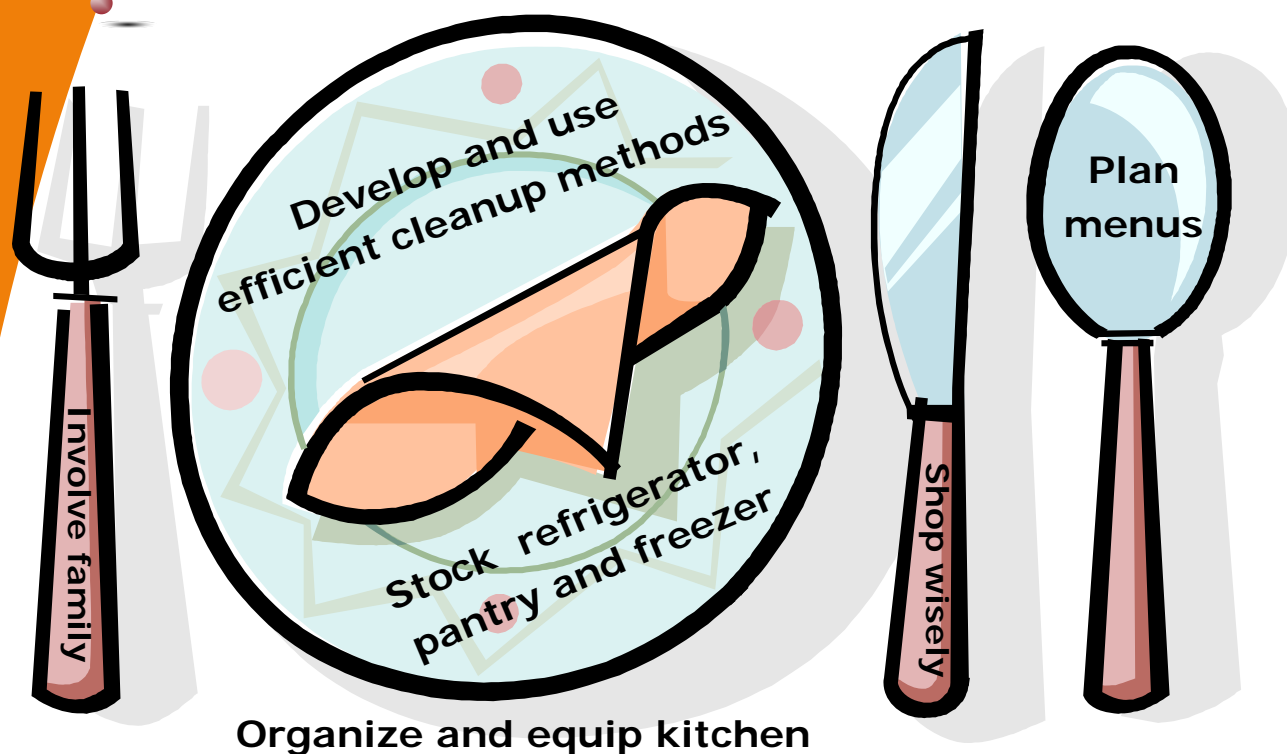


Quick Meals

Six Time-Saving Tips



PLAN MENUS

- Select some family favorites
- Add some budget stretchers
- Turn leftovers into planned-overs
- Include some convenience foods
- Prepare a shopping list

SHOP WISELY

- Use an organized shopping list
- Use coupons wisely
- Compare unit prices
- Choose the store's least busy time
- Shop after you have eaten something

ORGANIZE AND EQUIP KITCHEN

- Acquire necessary equipment
- Arrange food and equipment conveniently
- Use labor-saving equipment (choppers, etc.)

WELL-STOCKED KITCHEN

- Stock cupboards, refrigerator and freezer with supplies
- Purchase in quantity and repackage into portion sizes
- Practice the FIFO (first in, first out) method

INVOLVE FAMILY MEMBERS

- Delegate mealtime tasks
- Teach life skills

EFFICIENT CLEANUP

- Clean as you go
- Soak dirty dishes
- Assign family members cleanup chores



skillet chicken barbeque

- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 boneless, skinless chicken breasts, cut into 1/4-inch strips
- 1/2 cup onion, chopped
- 1 Tablespoon oil
- 1 can (8 oz.) tomato sauce

- 1/2 cup water
- 2 Tablespoons vinegar
- 2 Tablespoons brown sugar
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon cumin
- 1/2 teaspoon salt

Combine flour, salt and pepper in plastic bag. Add chicken and shake to coat. In a large skillet sauté chicken and onion in oil until chicken is lightly browned. Combine remaining ingredients, pour over chicken. Cover and simmer for 15 minutes or until chicken is tender; stir occasionally. Yield: 6 servings.

spaghetti

- 1 lb. lean ground beef
- 2 garlic cloves, minced or 1 teaspoon garlic powder
- 1 medium onion, chopped
- 1 large (28 oz.) can tomatoes
- 1 6 oz. can tomato paste
- 1 cup water
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 teaspoons oregano
- 1 teaspoon basil
- 1 bay leaf
- 12 oz. spaghetti noodles

In a large pan, brown ground beef and drain fat. Add remaining ingredients except noodles and simmer 30 minutes. Cook spaghetti according to package directions. Serve sauce over spaghetti noodles. Yield: 6 servings.

polynesian skillet

- 2 boneless, skinless chicken breasts, cut into 1/4-inch strips
- 1 Tablespoon oil
- 1 medium onion, sliced
- 1 can (15 oz.) pineapple chunks
- 2 teaspoons chicken bouillon granules
- 1 cup water

In a large skillet sauté chicken in oil until chicken is lightly browned. Add onion and green pepper. Stir fry until vegetables are tender. Add 1/2 cup juice from pineapple, bouillon, water, vinegar and brown sugar. Combine soy sauce and cornstarch; mix well. Add to chicken and vegetables. Simmer until mixture thickens; stir constantly. Add pineapple and mandarin oranges. Serve over rice. Yield: 6-8 servings.

skillet macaroni and cheese

- 1 3/4 cups uncooked macaroni
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning
- 1/8 teaspoon dry mustard
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup canola oil
- 2 1/4 cups water
- 1 Tablespoon flour
- 1 can (12 oz) evaporated milk
- 2 cups cheese, grated

In large skillet sauté uncooked macaroni and seasonings in canola oil for 3 to 5 minutes; add water. Cover and simmer 20 minutes or until macaroni is tender. Sprinkle flour over mixture; blend well. Stir in evaporated milk and cheese. Simmer until mixture thickens and cheese melts; stir constantly. Yield: 6 servings.

chuck wagon skillet

- 1 lb. Italian sausage
- 1/2 cup onion, chopped
- 1 cup celery, sliced
- 1/2 cup water
- 1 can (14.5 oz.) tomatoes
- 1 can (14 oz.) corn, drained
- 2 cups uncooked noodles
- 2 Tablespoons catsup
- 1 teaspoon salt
- Pepper to taste
- 2 cups cheese, grated

In a large skillet sauté sausage and onion; drain fat. Add water, tomatoes, corn, noodles, catsup, salt, and pepper. Cover and simmer 18-20 minutes or until noodles are tender; stir occasionally. Stir in cheese. Yield: 8 servings.

- 1/4 cup vinegar
- 1/2 cup brown sugar
- 2 Tablespoons soy sauce
- 2 Tablespoons cornstarch
- 1 can (11 oz) mandarin oranges, drained