Create a Skillet Meal

# Create a tasty skillet meal from simple foods. Choose an item from each section. Then, follow the directions. Use your imagination! Each meal serves 4 adults.

## Step 1: Choose 1 protein from the following list:

1. 1 15-ounce can, or 2 cups cooked dried beans, such as, pinto, black, white, or kidney beans
2. ½ pound ground beef
3. 1 pound chicken, turkey, pork chops, fish, or ham
4. 1 6 to 8-ounce can beef, chicken, tuna, salmon, or other fish
5. 1 12 to 16-ounce package extra firm tofu, drained and cubed

## Step 2: Choose 1 starch from the following list:

1. 1 cup uncooked rice
2. 2 cups uncooked pasta
3. 4 cups uncooked noodles
4. 2 to 3 cups cubed raw potatoes

Optional: Cook starch first and top with the other ingredients (example- sweet ‘n sour chicken over rice). Then reduce the amount of liquid and sauce in the recipe.

## Step 3: Choose 1 or more flavors from the following list:

1. ½ cup chopped onion, celery, green pepper
2. 1-2 cloves minced garlic
3. ½ cup salsa
4. 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)
5. Salt and pepper to taste

## Step 4: Choose 1 to 3 vegetables from the following list:

1. Broccoli
2. Carrots
3. Corn
4. Green beans
5. Peas
6. Squash
7. Mixed veggies

Use the following measurements for how many vegetables to use:

* 2 cups of fresh vegetables
* 2 cups of frozen vegetables
* 1-2 15-ounce cans of vegetables

## Step 5: Choose 1 liquid from the following list and use as needed:

1. 1 ½ cups water
2. 1 ½ cups broth
3. 1 ½ cups tomato juice
4. 1 ½ cups milk
5. 1 ½ cups other liquid

## Step 6: Choose one sauce from the following list (optional)

1. 1 10-ounce can of soup such as cream of mushroom, cream of chicken, cream of celery, tomato soup, or cheese soup.
2. 1 15-ounce can diced tomatoes with juice.
3. 2 cups of gravy:
   1. To make the gravy use the following directions
      * 1. Mix 2 tablespoons of cornstarch or 4 tablespoons of flour with ¼ cup of cold water.
        2. Bring 2 cups of chicken, beef, or vegetable stock to a boil.
        3. Slowly add in your flour and water mixture.
        4. Stirring constantly, reduce heat and continue to cook until thickened.

## Step 7: Choose one or more toppings from the following list:

1. 2 tablespoons grated parmesan cheese
2. ¼ cup grated cheddar or mozzarella cheese or breadcrumbs

## Step 8: Make the skillet recipe using the following directions:

1. Select a food from each section or use your own favorites.
2. Brown meat, if using.
3. Add the rest of the ingredients to pan. Cook over medium heat, stirring often to prevent burning.
4. Cook until meat is thoroughly cooked and vegetables and starches are tender. This should take anywhere from 15-45 minutes.
5. Add toppings if desired.
6. Tip: Add more liquid as needed to allow starch to cook. Add more liquid to prevent dish from becoming too dry and from burning.

# Skillet Meal Recipes

### A pantry that has these whole foods will help you create a great tasting skillet meal like these!

Spanish Macaroni

* ½ cup onion, chopped
* ½ green pepper, chopped
* 1 ½ cups water
* 1 8-ounce can tomato sauce
* 1 15-ounce can tomatoes
* 2 15-ounce cans pinto or kidney beans, drained and rinsed
* 2 teaspoons chili powder
* 1 teaspoon cumin
* 1 ½ cups macaroni (uncooked)

Directions:

1. In a large skillet, cook onion in 1 tablespoon of water on medium heat until translucent.
2. Add green pepper and cook another 2 minutes.
3. Add in water, tomato sauce, canned tomatoes, beans, chili powder and cumin.
4. Cook until vegetables are tender.
5. Stir macaroni into mixture and lower heat to low.
6. Cover and cook until macaroni is tender. This should take about 10-15 minutes. Add more water as needed.

Yield: 4 servings

Skillet Penne with Veggies

* 2 cups vegetable broth
* 2 cups water
* 2 ½ cups whole grain penne
* 1 small tomato, chopped
* 2 small zucchinis, chopped
* 1 15-ounce can cannellini beans, drained and rinsed
* 1 ½ teaspoons dry basil, or ½ cup chopped fresh basil
* ¼ cup parmesan cheese

Directions:

1. In large nonstick skillet, cook penne in broth and water over high heat until penne is tender. This should take about 12-15 minutes.
2. Add tomato, zucchini, beans, and dried basil. If you are using fresh basil, add it after veggies have cooked.
3. Cook until veggies are tender.
4. Stir in cheese (and fresh basil is you are using).

Yield: 4 servings

## Changing the taste

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. Try using these herbs and spices to get these flavors:

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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