



TUPPERWARE TIPS ~ ~ DINNER IN A SKILLET

SELECT AN ITEM FROM THE "PASTA" COLUMN, PLACE IN LARGE CHEF SERIES SKILLET WITH A CUP OF WATER. SELECT AN ITEM FROM EACH OF THE OTHER THREE COLUMNS AND ADD TO THE SKILLET. STIR, BRING TO A BOIL. REDUCE HEAT TO LOW. COVER AND COOK UNTIL LIQUID IS ABSORBED AND PASTA IS TENDER, ABOUT 30 MINUTES. ADD WATER AS NECESSARY. IF YOU LIKE, ADD ANY OF YOUR FAVORITE SPICES OR HERBS TO TASTE. GARNISH WITH GRATED CHEESE, CHOPPED PARSLEY, CHOPPED HARD COOKED EGGS, BUTTERED BREAD CRUMBS, LEMON SLICES, SAUTEED NUTS, CRUSHED POTATO CHIPS OR CHOW MEIN NOODLES.

PASTA

1 C. ELBOW MACARONI
1 C. MED. NOODLES
1 C. SHELL MACARONI
1 ½ C. RICE
1 C. SPAGHETTI
1 ½ C. THIN NOODLES
1 C. CURLY NOODLES
1 ½ C. BARLEY
1 C. LASAGNA
1 C. DICED POTATO

VEGETABLE

PEAS
ONIONS
GREEN PEPPER
DICED CARROTS
TOMATOES
BROCCOLI
CORN
ASPARAGUS
LIMA BEANS
MUSHROOMS

SOUP (1 CAN)

CREAM OF MUSHROOM
CREAM OF TOMATO
CHEDDAR CHEESE
CREAM OF POTATO
CREAM OF CELERY
CHILI BEEF
BEAN WITH BACON
CLAM CHOWDER
FRENCH ONION
GREEN PEA

MEAT OR FISH

1 ½ C. DICED CHICKEN
1 LB. FRANKS, SLICED
1 ½ C. COOKED HAM
½ C. COOKED PORK
1 LB. GROUND BEEF
1 C. SHRIMP
1 LB. SALMON
1 ½ C. BEEF CUBES
1 LB. GROUND PORK
1 CAN TUNA

EASY MEALS FOR TODAY'S BUSY FAMILIES. ALL RECIPES WILL SERVE 4, OR CAN BE PLAN AHEAD MEALS FOR SMALLER FAMILIES. STORED IN THE REFRIGERATOR THEY ARE ALWAYS READY TO GO. SERVE WITH A TOSSED SALAD ☺