

Section 5

ADDITIONAL RESOURCES



Additional Resources:

Cookbooks:

- Cooking Light: 5 Ingredient, 15 Minute Cookbook (Oxmoor House)
- 500, 5 Ingredient Recipes (Better Homes and Gardens)

Web-Sites:

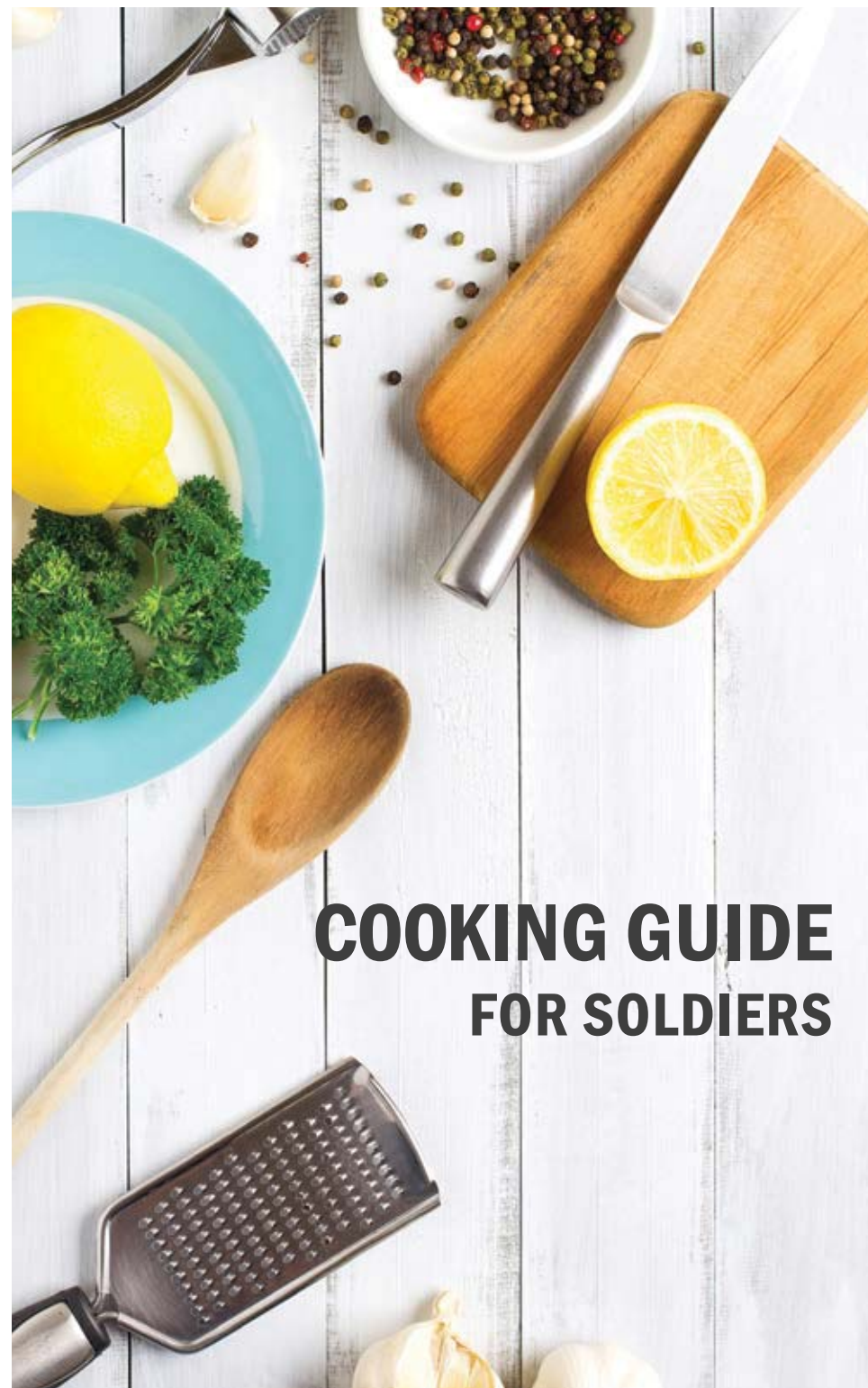
- <http://bit.ly/1rSALR3> (Quick and healthy recipes from cookinglight.com)
- <http://bit.ly/1EORD9X> (Healthy recipes from allrecipes.com)
- <http://bit.ly/1z7SmTc> (Timely recipe ideas from commissaries.com)

Phone Apps:

- Is my food safe? (<http://homefoodsafety.org>)
- MyMealPlannerLight (Monthly meal planning guide with grocery list).
- Fooducate (Get help on choosing healthier packaged food).
- SparkRecipes

For more information:

E-mail all questions and comments regarding this Cooking Guide for Soldiers to: usarmy.apg.medcom-phc.mbx.hpw-web-contacts@mail.mil. Please put "Soldiers Cooking Guide" in the subject line.



COOKING GUIDE FOR SOLDIERS

Breakfast Tip:

To keep you energized throughout the morning, choose a breakfast that contains any combination of :



Complex Carbohydrate + Protein + Fiber +/- Healthy Fat

EXAMPLES OF BREAKFAST FOOD TO MIX-N-MATCH

Complex Carbohydrate	Protein	Fiber	Healthy Fat**
100% Whole wheat bread, bagel, English muffin, tortilla	Low-fat milk	Fresh fruit	Olive oil
	Greek yogurt	Frozen fruit	Canola oil
100% Whole wheat cereal	Egg or egg substitute	Fresh veggies	Low-fat margarine
Oatmeal	Nut butter*	Frozen veggies	Avocado (1/8)
Brown rice	Nuts*		

*Count as a protein and a fat. **Practice portion control (1-2 tsp.)

Breakfast Meal Ideas (15 MINUTES OR LESS)

How to Prepare Scrambled Eggs in the Microwave:

- Spray a small microwavable container (bowl or large coffee mug) with cooking spray.
- Crack 2 eggs into the container and whisk them well with a fork. Egg substitute or egg whites may also be used.
- Add 1-2 Tbsp. of low-fat milk and stir.
- Microwave on HIGH (uncovered) for 45 seconds. Carefully remove container (use oven-mitts) and stir eggs with a clean fork. Then, microwave again on HIGH until eggs are almost set, usually about 30-45 more seconds.
- Remove container from microwave using oven-mitts.
- Stir again with a clean fork, and serve immediately.

ADD MORE FRUITS AND VEGETABLES TO YOUR BREAKFAST...



Try a delicious Green Smoothie made with fresh spinach, frozen mango, and cranberry juice. Top pancakes or waffles with fresh fruit instead of syrup. Layer berries, Greek yogurt, and granola to make a healthy parfait. Add dried fruits (raisins, cherries, or cranberries) to your oatmeal. Fill a whole wheat English Muffin with cooked eggs, fresh tomato, and spinach for an on-the-go breakfast.

Time-Saving Breakfast Ideas:

- **Whole grain cereal and low-fat milk or lactose-free milk.**
Look for cereal that contains $\geq 3\text{g}$ fiber and $\leq 10\text{g}$ sugar.
Top with fresh fruit.
- **Greek yogurt.** Top it with fresh fruit, $\frac{1}{4}$ cup low-fat granola, and/or a small handful of roasted almonds (1 oz. = 24).
- **100% Whole wheat bread with 1-2 Tbsp. of nut butter.**
Choose all-natural, chunky or creamy nut butter (read label and look for no added sugar; nuts should be the only ingredient).
- **Protein packed fruit smoothie.** (use frozen fruit).
In a blender, combine 1 cup frozen mixed berries, 1 banana, 1 orange (peeled, all seeds removed, and cut into segments), and $\frac{3}{4}$ cup Vanilla-flavored Greek Yogurt.
- **Egg breakfast sandwich.** 1-2 scrambled eggs (stove-top or microwave) on a 100% whole wheat English muffin.
Add-ins: fresh spinach, tomato, Canadian ham, onion, salsa, or hot-sauce.



Breakfast Meal Ideas

(30 MINUTES OR MORE)

When You Have More Time to Prepare Breakfast

WHOLE WHEAT PANCAKES:

Ingredients:

Use Whole Wheat Pancake & Waffle Mix.

Look for a mix with $\geq 3\text{g}$ fiber/serving and $\leq 1\text{g}$ fat.

Directions:

Follow directions on the box and add in low-fat milk or lactose-free milk. Add fresh/frozen blueberries (thaw frozen), a sliced banana, and/or a teaspoon of cinnamon.

Store and Save for later:

Refrigerator: Refrigerate within two hours of cooking; place in plastic bag to prevent drying out. For best quality, refrigerate for only 1 day. **Freeze:** Place a sheet of wax paper between each pancake, then wrap pancakes tightly in aluminum foil or place in a heavy-duty freezer bag. For best quality, freeze for 1-2 months. When ready to eat, microwave each frozen pancake on HIGH for 30-60 seconds or, until steaming hot.

PUMPKIN SPICE MUFFINS

Ingredients:

1 box carrot cake mix
1 (15 oz.) can pure pumpkin puree
 $\frac{1}{4}$ cup applesauce
 $\frac{1}{4}$ cup water

Directions:

Pre-heat oven to 350 F. Line muffin pan with paper muffin liners. Simply mix all ingredients until just combined. Drop batter into muffin pan – filling each muffin cup to $\frac{2}{3}$ full. Bake for 20–22 minutes. Check for doneness using a knife inserted in the center of a muffin. If it comes out clean, the muffins are

finished. If not, cook for a few minutes longer and check again with a clean knife. Makes about 18 muffins.

Store and Save for later:

Pantry: Store in sealed container for 1-2 days. **Refrigerate:** Store in sealed container for 1 week. **Freezer:** Store in sealed container or heavy-duty freezer bag for 1 month.

BREAKFAST BURRITOS:

Ingredients:

12 eggs (6 with yolks, 6 without (just the egg whites). Or, use egg-substitute.

¼ cup skim milk

1 red pepper, diced

1 green pepper, diced

1 onion, diced

¾ lb. turkey sausage

1 cup reduced fat cheddar cheese, shredded

10 whole wheat tortillas

Directions:

In a bowl, crack the eggs one at a time, add the milk, and beat together with a whisk or a fork until well blended. In a large skillet over medium high heat, brown the sausage, peppers, and onions until the sausage is no longer pink and the vegetables are tender. Turn the heat down to medium and add the eggs. Let the eggs cook for a minute or two. You can then scrape the eggs from the edge of the pan to the center and continue doing this until the eggs are just about set. Sprinkle the cheese on top and let rest for 20-30 seconds while the cheese melts.

Spoon some of the sausage and egg filling in the center of a tortilla. Wrap up each tortilla burrito-style, with the sides folded in. Place each burrito seam side down and allow to cool for a couple of minutes. Makes 10 burritos.

Store and Save for later:

Freeze: Wrap each burrito in plastic wrap and then either wrap in foil or place in a plastic freezer bag. When ready to eat, remove all wrappings and place in the microwave oven for ~ 90 seconds.



Lunch Meal Ideas **(15 MINUTES OR LESS)**

WHAT'S FOR LUNCH?

Skip the fast-food restaurant and save money, calories, and fat! Pack or prepare one of these quick and easy lunch ideas.



Time-Saving Lunch Ideas:

- **Low-sodium veggie or bean soup** ($\leq 800\text{mg}$ of sodium per serving). **Serve with:** 1 whole-grain roll, 12 baby carrots, and a fresh apple.
- **Lean roast beef & Swiss cheese sandwich.** Use 100% whole wheat bread. Add flavor with mustard, wasabi paste, or low-fat mayonnaise. Add veggies like 2 slices of fresh avocado, a slice of tomato, and/or fresh spinach leaves. **Serve with:** Fresh fruit and a side-salad topped with 1-2 Tbsp. of low-fat vinaigrette dressing.
- **2 Tbsp. hummus and fresh cut-up veggies.** Use peeled and sliced carrots, celery, bell-peppers, sugar-snap peas, and/or baby tomatoes. Use store-bought hummus. **Serve with:** fresh fruit and 1 oz. (a small handful) of pita chips, and 1 oz. of raw nuts (small handful).
- **Peanut butter and banana sandwich.** Use 100% whole wheat bread and 1-2 Tbsp. of peanut butter. Choose all-natural, chunky or creamy peanut butter (read label and look for no added sugar; peanuts should be the only ingredient). **Serve with:** 1-2 cups raw veggies and 1 cup low-fat milk.
- **Cheese quesadillas.** Spread 1 tsp. each of low-fat margarine on two 100% whole-wheat tortillas. Sprinkle $\frac{1}{4}$ cup shredded low-fat cheese in-between the two tortillas. Microwave for $\sim 30\text{-}60$ seconds (until cheese is melted). Top with $\frac{1}{4}$ cup salsa, and/or 1 Tbsp. low-fat sour-cream. **Serve with:** 1-2 cups raw veggies and 1 cup of sliced fresh fruit.



Lunch Meal Ideas

(30 MINUTES OR MORE)

When You Have More Time to Prepare Lunch

SZECHUAN CHICKEN & VEGETABLES OVER RICE

Ingredients:

2 tsp light sesame oil
1 pound thawed boneless, skinless chicken breast tenders
 $\frac{1}{4}$ teaspoon dried red pepper flakes
1 (10 oz.) package fresh stir-fry vegetables
 $\frac{1}{4}$ cup low-sodium teriyaki sauce
Brown rice

Directions:

Begin cooking brown rice according to package directions. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add chicken and sprinkle with pepper flakes; stir-fry for 3 minutes.

Add vegetables and teriyaki sauce, stir-fry for 5 minutes or until vegetables are crisp-tender and chicken is thoroughly cooked (no longer pink and internal temperature reaches 165°F). Serves 4.

Keep warm until rice is complete. Pour ~ 1 cup of chicken mix over $\frac{1}{2}$ cup cooked rice.

Store and save for later:

Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for up to 4 months.

BEEF STEW

Ingredients:

2 pounds boneless beef sirloin steak, cut into 1-inch cubes
3 Tbsp. flour
2 Tbsp. vegetable oil, divided
1 package of beef stew seasoning mix
3 cups of water
5 cups of frozen vegetables for stew

Directions:

Coat beef with flour. Heat 1 tablespoon of the oil in a large nonstick skillet on medium-high heat. Add $\frac{1}{2}$ of the beef; brown on all sides. Repeat with remaining beef, adding remaining 1 tablespoon oil. Return all beef to skillet.

Stir in seasoning mix and water. Add vegetables; bring to boil. Reduce heat to low; cover and simmer 15 minutes or until vegetables are tender. Serves 8.

Note: You can also make this in the slow-cooker or crock pot. Place the cooked beef cubes and other ingredients in a crockpot. Stir. Cook on low for 4-8 hours.

Store and Save for Later:

Refrigerate: In a tightly sealed container for 3-4 days. **Freeze:** In a tightly sealed container for 4-6 months.



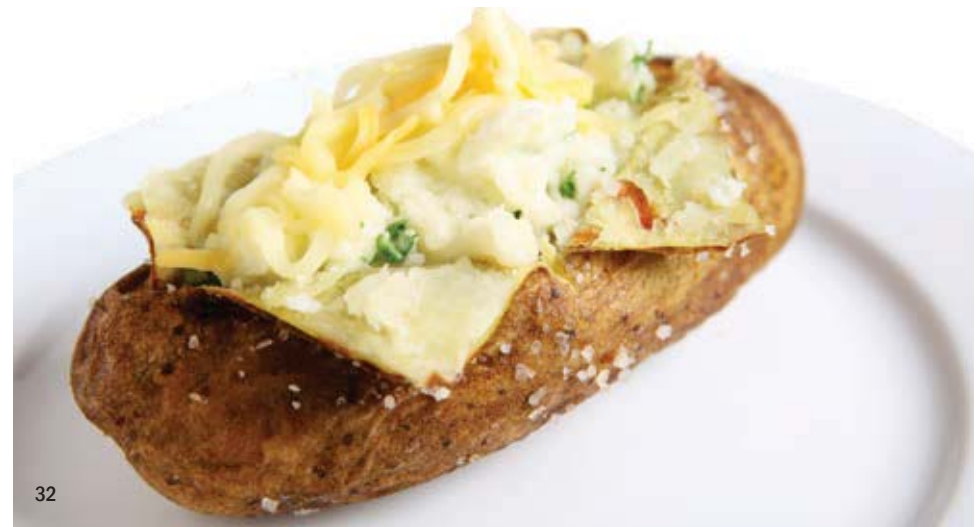
Dinner Meal Ideas **(15 MINUTES OR LESS)**

WHAT'S FOR DINNER?

Make sure you have healthy food on-hand to prepare a delicious meal after work!

How to Prepare a Baked Potato in the Microwave:

- Wash (scrub) medium-sized baked potato well. Using a fork, poke holes (at least 4 times) into both the top and bottom side of the baked potato.
- On a microwavable safe plate, microwave on HIGH for 4 minutes.
- Using a paper towel to help protect your fingers (Caution: it will be hot), flip it over and microwave on HIGH for 4 more minutes.
- Remove the plate using oven mitts/gloves (very hot). Slice potato open and enjoy with spray butter, $\frac{1}{4}$ cup low-fat cheddar cheese, and/or steamed veggies/beans of your choice. Season with black pepper, salsa, or hot-sauce.



Time-Saving Dinner Ideas:

- **Baked potato with low-fat cheese and steamed veggies.**
Microwave 1-2 cups of frozen veggies according to package directions. Place cooked veggies and 1-2 Tbsp. low-fat, shredded cheese on top of baked potato.
Serve with: Fresh fruit.
- **Healthy frozen meal.**
Refer to page 3 for help in selecting a healthier frozen meal.
Serve with: Fresh fruit and a side-salad topped with low-fat vinaigrette dressing.
- **Chicken salad on top of fresh greens.**
Use 1 can of canned, drained chicken breast. Mix together chicken breast and 2 Tbsp. low-fat Italian salad dressing. Place chicken on top of 2 cups of mixed salad greens. Top with 1 small tomato cut into wedges, $\frac{1}{4}$ red onion cut into thinly sliced rings, 1 hard-cooked egg, sliced, and $\frac{1}{8}$ cup pitted ripe black olives (optional). **Serve with:** Fresh fruit (i.e. apple) and a few whole-grain crackers (pre-portioned).
- **Thai beef rolls.**
Directions: Combine 1 $\frac{1}{2}$ Tbsp. lime juice, 1 Tbsp. dark sesame oil, 1 Tbsp. bottled ground fresh ginger, 1 Tbsp. of bottled minced garlic, 2 tsp. of fish sauce, and $\frac{3}{4}$ tsp. sugar. Stir well with a spoon. Place a whole grain tortilla on a plate and brush lightly with 2 tsp. of juice mixture. Cover with a few pieces of torn lettuce or spinach leaves. Place a small handful of match-stick cut carrots on top of lettuce leaves. Place 3 oz. lean roast beef on top of mixture and wrap-up. Save remaining juice in refrigerator for up to 7 days.
Serve with: Fresh fruit and low-fat milk.

MAKE IT AHEAD TIP!

Cook brown rice in large batches per package directions. Freeze 1 cup portions in individually sealed plastic zip-lock bags. Thaw in refrigerator overnight. When ready to eat, place in microwaveable container, and heat in microwave on HIGH for 45-60 seconds or until steaming hot.



Dinner Meal Ideas (30 MINUTES OR MORE)

When You Have More Time to Prepare Dinner

MAPLE-GLAZED SALMON WITH COOKED SPINACH

Ingredients:

$\frac{1}{2}$ cup orange juice
 $\frac{1}{3}$ cup pure maple syrup
2 tsp. minced ginger (jar variety)
1 tsp. crushed garlic (jar variety)
4, 4-6 oz. salmon fillets, without skin
1 package of frozen, chopped spinach

Salmon Directions:

Preheat oven to 400 °F. Line a baking pan with parchment paper and coat paper with cooking spray. Place orange juice, syrup, ginger and garlic in a small pan over medium heat, and bring to a boil. Reduce the heat to medium-low and simmer for 8 minutes or until slightly reduced and syrupy.

Place salmon on prepared tray. Reserve half the maple glaze. Pour remaining glaze over salmon fillets. Bake for 12-18 minutes. Salmon should flake easily with a fork. Thermometer inserted into center of salmon should read > 145 °F. Drizzle reserved glaze over salmon and serve with spinach. Serves 4.

Spinach Directions: Meanwhile prepare frozen spinach in microwave-safe covered dish according to package directions. Keep covered until salmon is ready to be served.

Store and Save for later:

Refrigerate: Refrigerate within 30 minutes of cooking. Store in an air-tight glass/Pyrex container for up to 4 days. **Freeze:** Store in an air-tight glass/Pyrex container for up to 2-3 months. (Thaw overnight in refrigerator).

VEGGIE LOADED CHILI

Ingredients:

½ Tbsp. olive oil
3 tsp. chopped garlic
2 cans of low-sodium diced tomatoes
2 cups chopped baby carrots
1 cup chopped celery
1 cup chopped zucchini
1 cup chopped onion
1 cup chopped bell pepper
1 large jalapeño, chopped (leave some seeds in for heat, if desired)
1 can low-sodium kidney beans, drained and rinsed
1 can low-sodium black beans, drained and rinsed
1 can low-sodium pinto beans, drained and rinsed
2 Tbsp. dried oregano
½ cup vegetable broth
Chili powder (to taste)

Directions:

Add olive oil to a large stock pan over medium heat. Once the oil is hot, add in the onions, peppers, carrots, celery and zucchini and cook until the veggies just start to become tender.

Next, add in the beans. Then add the tomatoes, garlic, oregano and broth. Stir. Add chili powder depending on your taste preference.

Bring this mixture to a boil while stirring to combine all the flavors. Once it boils, put a lid on it and turn down the heat to simmer. Let it simmer for about 1 hour. This allows the flavors to meld beautifully together. Stir occasionally to prevent sticking. Serve it up and eat it while it's hot. Serves 8.

Store and Save for later:

Refrigerate: in an airtight container for 3-4 days. **Freeze:** Store in an airtight container for 4-6 months. You can re-heat it as is or re-heat and serve over a baked potato or cooked rice!

Section 3

MICROWAVABLE MEALS



MICROWAVABLE TURKEY MEATBALLS

Ingredients:

1 lb. 93% or 99% ground turkey
½ c. seasoned, dried bread crumbs
1 egg, beaten
1 tsp. salt
1 Tbsp. Worcestershire sauce
1 Tbsp. dried minced onion

Directions:

Mix together all ingredients. Shape into balls and arrange in a circle in a 9 or 10 inch glass pie plate. Cover plate with wax paper.

Microwave on high 8 to 11 minutes, rotating plate (if no turn table) and turning meatballs over once or twice during cooking. (Ensure meatballs reach 165 °F)

Recipe makes 12 large or 18 medium meatballs.



STEAMED BROCCOLI IN THE MICROWAVE

Ingredients:

1 small – medium sized head of broccoli
1/8 cup water

Directions:

Wash broccoli thoroughly and pat it dry with a paper towel.

Using a sharp knife, cut off the large stalk. Cut the broccoli florets into bite-size pieces about 1 1/2 inch in size.

Arrange florets in a single layer in small and shallow, 1-quart microwave-safe dish. Pour 1/8 cup water over the broccoli florets.

COVER with a lid and microwave on HIGH or 2 1/2 - 3 minutes. Carefully remove from microwave (very hot) and use oven mitts to remove the lid.

Serve as is (plain) or season with spray-butter and a dash of your favorite seasoning if desired!

HINT - STEAMING BROCCOLI

Watch-out for over cooking! Broccoli when steamed should be a bright green color and a fork should easily slide into it. Over cooked broccoli is mushy and easily falls apart.



MICROWAVABLE CHICKEN TERIYAKI

Ingredients:

1/4 cup low-sodium soy sauce
2 Tbsp. ketchup
2 Tbsp. garlic powder
3 Tbsp. of white sugar
1 skinless, boneless chicken breast (8 oz.) – thawed and cut into strips or you can use 4 boneless, skinless chicken tenderloins.

Directions:

In a bowl, combine and stir together soy sauce, ketchup, garlic powder, and sugar.

Toss chicken in sauce to coat, and place onto a microwave safe plate.

Place paper towel over and cook in the microwave on high for 5 to 8 minutes, or until chicken reaches an internal temperature of 165°F. Makes 1 serving.

HINT - QUICK THAW CHICKEN



Place frozen chicken on a microwavable safe dish. Cover with paper towel and place in microwave for 6 minutes or push the defrost button and indicate weight of chicken.



MICROWAVABLE APPLE CRISP

Ingredients:

1 large Granny Smith apple - peeled, cored and sliced
1 Tbsp. and 1 tsp. of butter, melted in microwave
2 Tbsp. packed brown sugar
2 Tbsp. quick cooking oats
1 Tbsp. and 1 tsp. all-purpose flour
⅛ tsp. ground cinnamon
⅛ tsp. ground allspice

Directions:

Spread the apple slices evenly in a small glass baking dish.

In a medium bowl, mix together the melted butter, brown sugar, oats, flour, cinnamon and allspice.

Sprinkle this topping evenly over the apples.

Cook on full power in the microwave for 1 ½ - 2 minutes (until apples can easily be pierced with a knife). Makes 1 serving.

MICROWAVABLE CORN-ON-THE-COB

Ingredients:

1 – 4 ears of corn

Directions:

Place 1–4 ears of un-shucked corn in microwave on a microwave safe plate.

Microwave on HIGH

 Microwave 1–2 ears (3 minutes)

 Microwave 3–4 ears (4-5 minutes)

Allow to cool. Using gloves, set ears on a cooling rack or cutting board to cool.

Shuck (remove) the husks off the cobs and enjoy.

MICROWAVABLE CHICKEN SOFT TACOS

Ingredients:

1 cup shredded, roasted (cooked) skinless, boneless chicken breasts
¼ cup chopped fresh cilantro
¼ cup bottled chipotle salsa
4 (6-inch) 100% whole-wheat flour tortillas
½ cup chopped tomato
¼ cup (1 oz.) shredded cheddar cheese
¼ cup diced peeled avocado
2 Tbsp. low-fat or fat-free sour cream

Directions:

Combine first 3 ingredients in a medium bowl, tossing well to combine. Spoon about ⅓ cup chicken mixture onto each tortilla; microwave each taco at high 30 seconds or until warm. Makes 4 servings.

Top each taco with tomato, cheese, avocado, and sour cream. Now you are ready to enjoy!

MICROWAVABLE CHICKEN PARMESAN

Ingredients:

1 jar (28 oz.) tomato sauce
3 teaspoons Italian seasoning
¼ teaspoon garlic powder
½ cup cornflake crumbs
¼ cup grated parmesan cheese
1 teaspoon dried parsley flakes
4 boneless, skinless chicken breast halves
1 egg, beaten in a bowl and set aside
⅓ cup shredded part-skim mozzarella cheese

Directions:

In a large microwave-safe bowl, combine the tomato sauce, Italian seasoning, and garlic powder. Cover and microwave on high for 2 minutes; stir. Cover again and cook at 50% power for 3-5 minutes or until mixture simmers, stirring once; set aside.

In another bowl, combine the crumbs, Parmesan cheese and parsley.

Dip the chicken into the beaten egg, then roll in the crumb mixture until both sides are coated.

Place in a lightly-greased (spray with cooking spray) **shallow** 2-quart microwave-safe dish.

Cover and microwave on high for 7-8 minutes, rotating a half turn after 4 minutes if microwave oven doesn't have a turn-table.

Pour tomato mixture over chicken, sprinkle with mozzarella. Cook, uncovered, at 50% power for 3-5 minutes or until chicken reaches internal temperature of 165°F.

Store and Save for Later:

Refrigerate: In a tightly sealed container for 3-4 days. Re-heat 1 serving in the microwave for 1 ½ minutes on 80% power or until steaming hot. **Freeze** for 3-4 months and thaw in refrigerator.

**MICROWAVABLE PIZZA CASSEROLE****Ingredients:**

1 pound of 93% lean ground beef (thawed)
½ cup chopped onion
½ cup chopped green pepper
1 jar (28 oz.) pasta sauce
1 can (4 oz.) sliced mushrooms, drained (optional)
4 oz. sliced turkey pepperoni (optional – use a very small handful)
2 cups of uncooked noodles (penne or rotini work well)
1 ½ cups water
½ tsp. dried oregano
½ tsp. garlic powder
½ tsp. dried basil leaves
3 tsp. Italian seasoning
¾ cup shredded skim mozzarella cheese

Directions:

Remove the ground beef from its packaging, and place it in a large (2.5 quart or larger, deep) microwave-safe casserole dish.

Microwave on HIGH (uncovered) for 2 minutes. Stir and microwave another 1 ½ minutes until done. Drain ground beef thoroughly.

Add all of the following ingredients: onions, peppers, pasta sauce, sliced mushrooms, pepperoni, uncooked noodles, water, oregano, garlic powder, basil, and Italian seasoning.

Cover and microwave on HIGH for 10 ½ minutes. Remove the lid and top it off with the ¾ cup mozzarella cheese. Microwave on HIGH for an additional 30 seconds.

Makes 6–8 servings. Serve with steamed broccoli

Store and Save for Later:

Refrigerate: In a tightly sealed container for 3–5 days. Re-heat 1 serving in the microwave for 1½ -2 minutes on 80% power. **Freeze:** In a tightly sealed container for 6-8 months. Microwave 1 serving of frozen casserole on 80% power for 4 minutes (or until steaming hot).

MICROWAVABLE CHICKEN AND BEAN SOUP

Ingredients:

- 1 (14 oz.) bag whole-kernel corn, frozen
- 1 (15 oz.) can black beans
- 1 (15 oz.) can kidney or cannellini beans
- 1 (14.5 oz.) can diced tomatoes with green chilies, low-sodium
- 1 (14.5 oz.) can chicken broth, low sodium
- 1 (10 oz.) can chunked chicken
- 1 (10 oz.) can cheddar cheese soup (reduced fat and/or low-sodium)

Directions:

Open all the cans. Drain and rinse beans in a strainer.

Place all ingredients in a large (2.5 quart or larger deep) microwave-safe bowl and stir well.

Cover and cook on high for 18 minutes, stirring three times (every 6 minutes) or until heated through.

Serve. Makes 10 servings.

Alternate directions:

Place all ingredients in a large pot on the stove and heat thoroughly.

Store and Save for Later:

Refrigerate $\frac{1}{2}$ of the recipe: In a tightly sealed container for 3-4 days. (Enjoy as it is or use it to top baked potatoes, pasta or rice.)

Freeze the other $\frac{1}{2}$ of the recipe in a tightly sealed container for 4-6 months and thaw in refrigerator, microwavable.

LEFTOVERS HINT



When storing leftovers, try to store them in single serving size containers. The easier they are to grab, the more likely you are to eat them.