

SKILLET MEALS

Quick and easy
one-dish meals!

Refrigerate
Skillet Meal
leftovers within
2 hours.

American Skillet

Makes 5 servings, about 1½ cups each

- Part 1**
- 1 tablespoon vegetable oil
 - 2 cups chopped vegetables—mix any of these:
onion, celery, bell pepper, carrots
 - 3 cups hot water
 - ½ pound dry pasta (2 cups elbow macaroni or 3 cups rotini)
 - ½ teaspoon salt
 - 2 garlic cloves, minced, **OR** ¼ teaspoon garlic powder
- Part 2**
- 6 ounce can of tuna, drained, **OR** 1½ cups of cooked, chopped chicken
 - 3 cups chopped raw vegetables such as broccoli, cauliflower, zucchini (one or mix), **OR** 1½ cups frozen or canned vegetables, drained
- Part 3**
- 1 tablespoon cornstarch, **OR** 2 tablespoons all purpose flour
 - 1 cup nonfat or low fat milk
 - 1 cup shredded cheese

1. Use a large skillet or saucepan (at least 4 quarts) with tight-fitting lid. Heat the tablespoon of oil over medium heat. Cook the *Part 1* vegetables until soft, 5–10 minutes.
2. Add the water, pasta, salt, and garlic. Bring to a boil. Reduce heat to medium-low. Cover pan and cook 10 minutes, stirring once or twice.
3. Add the tuna or chicken and *Part 2* vegetables. Cover and continue to cook for 10–15 minutes, until pasta is tender. Stir 2 or 3 times. If pan looks dry, add 2–4 tablespoons water. When done, very little water should be left in pan.
4. Make sauce with *Part 3*. In a small bowl, add a small amount of milk to cornstarch or flour. Stir until smooth. Stir in remaining milk. Add to the skillet with the cheese. Cook and stir just until cheese has melted and sauce is thickened, 3–5 minutes.

Nutrition Facts per serving (made with tuna, mix of vegetables in Part 1, and broccoli for Part 2): calories 350, total fat 11 g, saturated fat 5 g, trans fat 0 g, cholesterol 30 mg, sodium 510 mg, total carbohydrate 42 g, fiber 4 g, sugars 6 g, protein 20 g; Daily Value: vitamin A 90%, vitamin C 90%, calcium 25%, iron 15%.



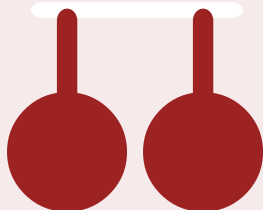
To substitute brown rice, presoak 1 cup rice in the water listed in the recipe for 12–24 hours. **Keep refrigerated during soaking.** Add the water and brown rice in Step 3 for Asian Skillet and Tex-Mex Skillet. After presoaking, cooking time is about the same as for white rice.



To substitute “instant” brown rice, use 2 cups rice and 2 cups water. Add the Part 2 vegetables at the same time. Total cooking time is 10 minutes.



To try fresh ginger root, buy a small piece about 2" long, breaking off from a larger piece if needed. Store at room temperature and use within 2 weeks. Peel before mincing.



Asian Skillet

Makes 4 servings, about 1¹/₂ cups each

Part 1 1/2 pound lean ground meat, **OR** 1¹/₂ cups chopped cooked meat (add with *Part 2*)
2 cups chopped vegetables—mix any of these:
onion, celery, bell pepper, carrots
2¹/₂ cups water
1 cup dry white rice
2 tablespoons soy sauce
2 garlic cloves, minced, **OR** 1/4 teaspoon garlic powder
1/4 teaspoon crushed red pepper flakes, *optional*
1 teaspoon finely minced fresh ginger root
OR 1/4 teaspoon ground ginger, *optional*


Part 2 3 cups chopped raw vegetables such as cabbage, broccoli, zucchini (one or mix), **OR** 1¹/₂ cups frozen or canned vegetables, drained

1. Use a large skillet or saucepan (at least 4 quarts) with tight-fitting lid. Over medium heat, brown the ground meat, breaking apart with a spoon.
2. Add the *Part 1* vegetables and cook 5–10 minutes. Drain off any fat and discard. If using cooked meat instead of raw, cook the vegetables in a tablespoon of oil.
3. Add the water, rice, soy sauce, garlic, and optional seasonings. Bring to a boil. Reduce heat to medium-low. Cover pan and cook 10 minutes.
4. Add the vegetables in *Part 2*. If using cooked meat, add now. Continue to cook for 10–15 minutes, until rice is tender.


Nutrition Facts per serving (made with 20% lean ground beef, mix of suggested vegetables): calories 370, total fat 12 g, saturated fat 4.5 g, trans fat 0 g, cholesterol 40 mg, sodium 730 mg, total carbohydrate 48 g, fiber 3 g, sugars 5 g, protein 16 g; Daily Value: vitamin A 90%, vitamin C 50%, calcium 6%, iron 20%.

NOTE


Skillet Meals have less sodium than most mixes. Instead of more salt, herbs and spices add flavor. Look for less expensive herbs and spices in the bulk section of supermarkets. Buy a small amount to try new ones.



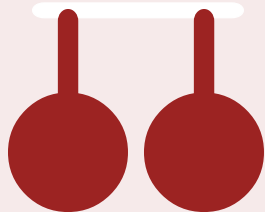
Use beef, pork, turkey, or chicken for the ground meat or the cooked and chopped meat.



1 cup, packed, of raw ground meat equals $\frac{1}{2}$ pound. Freeze $\frac{1}{2}$ pound portions for quick meals. Wrap in plastic wrap and put multiple portions in a gallon size freezer bag.



To defrost in the refrigerator, place on a plate the day before needed. To defrost in the microwave, use a low setting or auto-defrost just before using in recipes.



Tex-Mex Skillet

Makes 5 servings, about $1\frac{1}{2}$ cups each

Part 1 $\frac{1}{2}$ pound lean ground meat, **OR** $1\frac{1}{2}$ cups chopped cooked meat (add with *Part 2*)
2 cups chopped vegetables—mix of any of these:
onion, celery, bell pepper, carrots
2 cups water
1 cup dry white rice
16 ounce can tomatoes, chopped
2 teaspoons chili powder
2 garlic cloves, minced, **OR** $\frac{1}{4}$ teaspoon garlic powder
1 teaspoon ground cumin, *optional*
1 teaspoon dried oregano, *optional*
 $\frac{1}{4}$ teaspoon crushed red pepper flakes, *optional*


Part 2 15 ounce can kidney, pinto, or black beans, rinsed and drained, **OR** $1\frac{1}{4}$ cups cooked beans, drained

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1. Use a large skillet or saucepan (at least 4 quarts) with a tight-fitting lid. Over medium heat, brown the ground meat, breaking apart with a spoon.
 2. Add the *Part 1* vegetables and continue cooking 5–10 minutes. Drain off any fat and discard. If using cooked meat instead of raw, cook the vegetables in a tablespoon of oil.
 3. Add the water, rice, tomatoes, and seasonings. Bring to a boil. Reduce heat to medium low. Cover pan and cook 10 minutes.
 4. Add *Part 2* drained beans to the pan. If using cooked meat, add now. Continue to cook for 10–15 minutes, until rice is tender.

Nutrition Facts per serving (made with 20% lean ground beef, mix of suggested vegetables): calories 370, total fat 10 g, saturated fat 3.5 g, trans fat 0 g, cholesterol 30 mg, sodium 550 mg, total carbohydrate 56 g, fiber 8 g, sugars 3 g, protein 17 g; Daily Value: vitamin A 90%, vitamin C 40%, calcium 10%, iron 30%.


NOTE

Wash hands in hot soapy water after handling raw meat. Also wash anything the meat contacted, such as knives, counter top, or sink, using hot soapy water.

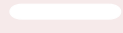


1/2 pound of dry spaghetti held standing on end fits this circle.


For long shapes like spaghetti, divide a 1-pound package in half, or estimate 1/2 pound using the circle above. Hold dry spaghetti with both hands and stand on end on the circle.



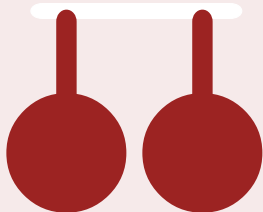
Dry elbow macaroni measures 4 cups per pound. Use 2 cups in American or Italian Skillet.



For other short shape pasta, measure the contents of a 1-pound box in cups. Use half the cup measure for 1/2 pound.



Whole wheat pasta can be substituted. The cooking time is about the same. Cook until just tender. Whole wheat pasta will fall apart when overcooked.



Italian Skillet

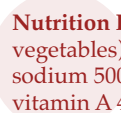
Makes 4 servings, about 1¹/₂ cups each

Part 1 1/2 pound lean ground meat, **OR** 1¹/₂ cups chopped, cooked meat (add with Part 2)
2 cups chopped vegetables—mix of any of these:
onion, celery, bell pepper, carrots
2¹/₂ cups hot water
1/2 pound spaghetti, broken to fit pan, or other pasta
8 ounce can tomato sauce
2 teaspoons Italian herb mix*
2 cloves of garlic, minced, **OR** 1/4 teaspoon garlic powder
1/4 teaspoon crushed red pepper flakes, *optional*

Part 2 15 ounce can tomatoes, chopped

*Or use 1/2 teaspoon each of rosemary, oregano, thyme, and basil.

1. Use a large skillet or saucepan (at least 4 quarts) with a tight-fitting lid. Over medium-high heat, brown the ground meat.
2. Add *Part 1* vegetables and cook about 5 minutes. Drain any fat. If using cooked meat, cook the vegetables in a tablespoon of oil.
3. Add the water, pasta, tomato sauce, and seasonings. Bring to a boil. Reduce heat to medium low. Cover pan and cook 10 minutes, stirring once or twice.
4. Add *Part 2* canned tomatoes. If using cooked meat, add now. Cover and continue to cook for 10–15 minutes, until pasta is tender. Stir 2 or 3 times. If mixture looks dry, add water.



Nutrition Facts per serving (made with 20% lean ground beef, and mix of suggested vegetables): calories 410, total fat 13 g, saturated fat 4.5 g, trans fat 0 g, cholesterol 40 mg, sodium 500 mg, total carbohydrate 55 g, fiber 5 g, sugars 9 g, protein 19 g; Daily Value: vitamin A 45%, vitamin C 50%, calcium 8%, iron 30%.



This material funded in part by the USDA-Food Stamp Program and state and local government agencies. Basic Food assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service Office.

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