

MEAL PLANNING and Preparation

Look at the Prov. 31 Woman

Prepared

Uses her time wisely

She is a good Steward

Consider when planning meals

Cost

Time

Nutrition

HAVE A PLAN

Notebook

Calendar

Sale Papers

Coupons

Ingredients

Shopping List

SAVE TIME AND MONEY

Cook at home

Shop Wisely

Shop Sales

Less Expensive Meals

Crockpot

Quick and One Dish Meals

Make Ahead

Planned Overs

Well Stocked Pantry and Freezer

HEALTHY CHOICES

Making Snacks

Packing Lunches

Fruits and Vegetables

BROCCOLI AND ORANGE SALAD

Yield: 6 servings

- 3/4 cup mayonnaise*
- 1/4 cup sugar*
- 1 tablespoon apple cider vinegar*
- 1 head of fresh broccoli, broken into florets*
- 1/2 small purple onion, chopped*
- 1/2 cup golden raisins*
- 4 slices bacon, cooked and crumbled*
- 1 (11-ounce) can mandarin oranges, drained*
- 1/2 cup sliced almonds, toasted*

Blend together mayonnaise, sugar, and vinegar in a large bowl. Add broccoli, onion, and raisins and chill for several hours. Prior to serving, top with bacon, oranges, and almonds.

ROMAINE-ORANGE SALAD

Yield: 6 servings

- 1 package romaine lettuce*
- 1 (8-ounce) can mandarin oranges*
- 1/2 purple onion, sliced*
- 1/2 cup pecans, toasted*

Place ingredients in a bowl. Mix with dressing below just prior to serving.

Dressing

- 1/2 cup sugar*
- 2/3 cup light olive oil*
- 1 teaspoon dry mustard*
- 1/4 cup apple cider vinegar*

Mix ingredients in blender.

♡ - you can substitute low fat or light

CRUNCHY ROMAINE TOSS

Yield: 6 servings

- 1 cup chopped pecans, toasted*
- 1 package ramen noodles, toasted and broken (discard flavor packet)*
- 1 head romaine lettuce, washed and torn into pieces*
- 1 (8-ounce) can mandarin oranges, drained*
- 1 small purple onion, chopped*

Mix ingredients and serve with dressing below.

Sweet-and-Sour Dressing

- 1/2 cup olive oil*
- 1/2 cup sugar*
- 1/4 cup red wine vinegar*
- 1 1/2 teaspoons soy sauce*
- salt and pepper to taste*

Blend dressing ingredients together and pour over salad just prior to serving.

TACO PIE

1 can crescent rolls
1-lb: ground beef, browned
1 envelope taco seasoning
12 oz. pkg. cheddar cheese,
shredded

Lettuce
Tomatoes
Peppers
1-1/2 - 2 C. taco chips
Taco sauce

Add taco seasoning to browned ground beef with 1 C. water. Simmer 15 min. Pat rolls into 9x13" pan and top with crushed chips. Add meat mixture and top with half of the cheese. Bake 425° for 10-15 min. Top with shredded lettuce, chopped tomatoes, peppers, and remaining cheese. Cut into squares. Top with taco sauce.

Taco Soup

1 lb hamburger
1 pkg dry taco seasoning mix
1 pkg dry ranch dressing mix
1 can tomatoes
1 can Rotel tomatoes
1 can black beans, undrained
1 can red beans, undrained
1 can whole kernel corn, undrained (white or yellow)
1 can hominty, undrained (or use 2 cans corn, 1 white, 1 yellow)
1 lb Velveta cheese, cubed

Brown hamburger. Add dry seasonings. Add all canned ingredients. Bring to a boil, then simmer as long as you want to, or put into a crock pot. Just before serving add Velveta; heat until cheese melts. Serve with taco chips or cornbread.

Easy Chicken Pot Pie

Prep time: 16 min. Bake time: 30 min

1 1/2 cups frozen mixed vegetables, thawed
1 cup cut-up cooked chicken
1 can (10 1/2 oz) condensed cream of chicken soup
1 cup Bisquick® Original or Reduced Fat baking mix
1/2 cup milk
1 egg

HEAT oven to 400°. Mix vegetables, chicken and soup in ungreased 9" pie plate.

STIR remaining ingredients with fork until blended. Pour into pie plate.

BAKE 30 min or until golden brown. 6 servings.

High Altitude: Heat oven to 425°.

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FIESTA TURKEY SOUP

- 1 medium onion, diced
- 1 teaspoon vegetable oil
- 1 garlic clove, minced
- 3 cups chopped, cooked turkey or chicken
- 1 (15-ounce) can chili beans
- 3 1/2 cups chicken or turkey broth
- 1 (11-ounce) can whole

kernel corn with red and green peppers, drained

- 1 (10-ounce) can diced tomatoes and green chiles
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Toppings: sour cream, shredded Mexican four-cheese blend

SAUTÉ onion in hot oil in a large Dutch oven over medium heat 7 minutes or until tender. Add garlic, and sauté 1 minute. Stir in turkey and next 8 ingredients. Bring to a boil, stirring occasionally; reduce heat, and simmer 15 minutes. Serve with desired toppings.

Yield: Makes 8 servings

Ranch Beef Skillet Supper

Serves 4 Active: 8 min/Total: 30 min

- 1 lb lean ground beef
- 1 box (8 oz) seasoned rice & black beans
- 1 can (14.5 oz) diced tomatoes with green chilies
- 1 box (10 oz) frozen corn kernels
- 1/2 cup packed cilantro
- 1 cup (4 oz) shredded sharp Cheddar cheese

1. Cook beef in a large nonstick skillet over medium-high heat, breaking up clumps of meat with a spoon, 4 minutes or until beef is no longer pink.
2. Stir in rice and beans, tomatoes, corn and 2 1/2 cups water. Bring to a boil; reduce heat, cover and simmer 20 minutes or until the water has been absorbed.
3. Meanwhile chop cilantro. Sprinkle on servings along with the cheese.

Per serving (\$1.71): 694 cal, 36 g pro, 62 g car, 8 g fiber, 33 g fat (15 g saturated fat), 115 mg chol, 1,230 mg sod

Santa Fe Chicken Pilaf

Prep Time 10 minutes Cook Time 20 minutes

- 1 pkg. (10 oz.) NEAR EAST® Rice Pilaf Mix
- 1 can (14.5 oz.) fat free reduced sodium chicken broth
- 1 teaspoon cumin
- 1 cup seasoned diced tomatoes
- 2 cups chicken strips, cooked, cut in 1-inch chunks, heated
- 1/2 cup fresh tomato, chopped
- 1 can (8-3/4 oz.) whole kernel corn
- 1 cup canned black beans, drained, rinsed

Prepare NEAR EAST® rice according to package directions, except use chicken broth instead of water and add cumin with contents of spice sack.

Stir in remaining 5 ingredients into rice mixture. Top with cheddar cheese, if desired.

6 Servings (1 cup each)

DIETETIC INFORMATION: 1 Cup, Calories 270, Total Fat 9g, Saturated Fat 2g, Cholesterol 45mg, Calories from Fat 45, Sodium 12mg, Total Carbohydrates 38g, Dietary Fiber 4g, Protein 26g, Sugar 4g

For delicious and easy recipes, visit: www.neareast.com