

Beef Tips and Noodles

- 1 pound sirloin tips, cubed
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (1.25 ounce) package beef with onion soup mix
- 1 (4.5 ounce) can mushrooms, drained
- 1 cup water
- 1 (16 ounce) package wide egg noodles

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a 13x9 inch casserole dish, combine the mushroom and beef onion soups, canned mushrooms and water. Mix thoroughly and add beef tips. Turn to coat well.
3. Bake in a preheated oven for 1 hour.
4. While beef tips are baking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Serve beef tips and sauce over noodles.



Chicken Lickin' Good Pork Chops

6-8 lean boneless pork chops

½ cup flour

1 Tbsp salt

½ tsp garlic powder

2 Tbsp oil

4 cans chicken and rice soup

Shake pork chops in dry ingredients; brown the pork chops in oil in a large skillet; Place the pork chops in the crockpot and add soup. Cover and cook on low 6-8 hours, or on high 3 ½ hours. (add a little white rice to crockpot if too much liquid from soup)



Cucumber & Blueberry Salad with Feta

3 cucumbers, peeled, halved lengthwise, seeded and sliced thinly
- (half moon shape) (about 4 cups)

1 pint (2 cups) blueberries, rinsed and picked over

Salt and pepper to taste

1/2 cup Wegmans White Balsamic Vinaigrette (Produce Dept)

3 Tbsp thinly sliced Food You Feel Good About Fresh Mint Leaves

1 cup (about 1/4 lb) Wegmans Traditional Crumbled Feta Cheese

Combine cucumbers and blueberries in large bowl. Season to taste with salt and pepper.

Add white balsamic vinaigrette, mint, and feta. Toss gently to combine.



Cucumber and Blueberry Salad.jpg

One Dish Chicken and Stuffing Bake

4 cups herb seasoned stuffing
2 - 4 Tbsp butter
1 ¼ cup water
4 - 6 skinless, boneless chicken breasts
1 can cream of mushroom soup
1 can cream of chicken soup
1/3 cup milk
Paprika

Mix stuffing, 1 ¼ cup boiling water and 2- 4 Tbsp butter;
Spoon stuffing across center of 3 qt shallow baking dish.
Place chicken on each side of stuffing. Sprinkle paprika over
chicken; mix soup and milk and pour over chicken.
Bake covered at 400°F for 30 minutes or until chicken is no longer pink.



Pan-Glazed Chicken with Basil

4 (4 oz.) skinless, boneless chicken breast halves (pound mine thin)

1/2 tsp salt

1/4 tsp freshly ground pepper

2 tsp olive oil

2 Tbsp balsamic vinegar

1 Tbsp honey

2 Tbsp chopped fresh or 2 tsp dried basil

Sprinkle both sides of chicken with salt and pepper.

Heat oil in a large nonstick skillet over medium-high heat.

Add chicken; cook 5 minutes or until lightly browned.

Turn chicken, and cook 6 minutes or until chicken is done.

Stir in vinegar, honey, and basil; cook 1 minute.



Turkey Casserole

- 2 or 3 cups of leftover turkey
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 ½ cups milk
- 1 package dry onion soup mix
- 1 cup rice

Combine all ingredients in a large casserole dish.
Bake covered 45 minutes at 350°F.



Zucchini Soup

- 2 tsp canola or olive oil
- 1-1/2 lbs of zucchini, cubed
- 2 medium carrots, cubed
- 1 medium sweet onion, finely chopped
- 1 tbsp (or to taste) curry powder
- ½ tsp cinnamon
- 4 cups vegetable or chicken broth

In a dutch oven or soup pot, sauté vegetables for 8-10 minutes, until slightly softened. Add curry powder and stir well to coat veggies. Cook for 1 minute. Add broth. Bring to a boil and simmer for 20 minutes.

You can keep the soup chunky or allow to cool and then, using a blender, puree the soup in batches until smooth.

