

ONE POT RECIPES

DINNER RECIPES

All in One Spaghetti (for 10-12 people)

- 3 pounds of ground beef
- 3 onions (sliced thin)
- 3 stalks celery (sliced thin)
- 3 pkgs. spaghetti sauce mix
- 4 15 oz. cans tomato sauce
- 4 1/2 cups water
- 1 ½ pounds spaghetti, broken (can use rice noodles or rice if gluten is not tolerated)
- grated Parmesan cheese
- Can substitute the packages of spaghetti sauce mix and cans of tomato sauce with jars of spaghetti sauce—3 26 oz. jars. Do read labels for those with food restrictions(wheat/gluten).

Brown ground beef with onion and celery and drain fat. Add sauce mix (or spaghetti sauce), water—heat to boiling. Add broken spaghetti and stir into sauce. Cover and simmer for 20-30 minutes—stir occasionally. Top with Parmesan.

Goulash (for 10-12 people)

- 2 lbs ground beef (or ground turkey)
- 4 tsp dried minced onion (can use real onion)
- 1 tsp garlic powder (optional)
- 1 - 10 oz cans of tomato soup, undiluted
- 8 cups dry medium noodles (24 oz.)
- 2 - 15 oz cans of creamed corn
- 12 oz. shredded Cheddar cheese
- To substitute for vegetarians, buy a small jar of spaghetti sauce that can be put on some of the noodles that you cook separately.

Brown ground beef (can sauté with fresh onions). Drain off fat. Stir in tomato soup and 2 - 4 cans of water, dried onion (if you didn't use fresh) garlic powder and noodles. Bring to a boil, cover and simmer until noodles are done and consistency is that of a sauce. Add the two cans of creamed corn and heat. Sprinkle with cheese while warm before serving or at the table.

Macaroni & Tuna fish (for 10-12 people)

- 1 pound of elbow macaroni
- 2 - 10 3/4 oz cans condensed cheddar cheese soup
- 2 cans milk
- 1 - 6 oz cans of tuna fish

Boil pasta in salted water until tender, drain. Add soup, milk, and tuna. Heat thoroughly. (Can add 1 c. peas if desired.)

Spanish Rice (for 10-12 people)

- 3 pounds ground beef or ground turkey
- 1 medium onion
- 3 stalks of celery
- 3 1 lb 12 oz cans tomatoes (whole peeled or crushed)
- 3-4 tsp salt
- 3 cups water
- 3 tsp instant bouillon (or substitute cans of beef broth and eliminate water; if cooking vegetarian, use vegetable broth)
- 3 tsp sugar
- 2 1/4 cups Minute rice
- To substitute for vegetarians, buy a can of kidney beans and substitute vegetable broths that can be mixed with the rest of the ingredients for a portion of the dinner.

Brown ground beef with onion and celery, drain fat. Add tomatoes, salt, bouillon (or broth), water, sugar and simmer (covered for 15 min.) Add rice, cover and set off the heat for 5 minutes.

Mexican Delight for 12 people

- 3 pounds ground beef (or ground turkey)
- 2 small onions, chopped
- 1 green pepper, chopped
- 1 16 oz. can Mexicorn
- 3 10.5 oz. cans tomato soup, undiluted
- 1 6 oz. can pitted olives
- 1 15 oz. cornbread mix (add ingredients needed for mix, possibly milk and eggs.)

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Mexican Delight (continued)

- To substitute for vegetarians, buy four 16 oz cans kidney, white or black beans, two cans Mexicorn and remember to bring oil for browning the onions and pepper for substitution in the entire recipe. You may want to add additional spices.

Brown the meat with onions and green pepper. (If not using meat, brown onions and peppers and add drained beans.) Add the meat or beans to the Mexicorn, tomato soup and olives and bring to a boil. When boiling add: one 15 oz. cornbread mix prepared as directed on the package and drop by spoonfuls. Cover and cook for 15 minutes. If you are cooking for more than 12 people do this recipe in two separate pans, other wise the food may burn on the bottom while the corn bread is cooking on top.

BREAKFAST

Orange Juice

Each 12 oz. can of frozen concentrate makes 1 $\frac{1}{2}$ quarts.

Spice Tea (24-30 servings)

- ★ 1/2c. instant tea
- ★ 1 c Tang
- ★ $\frac{1}{2}$ c. instant lemonade mix
- ★ $\frac{1}{2}$ tsp. ground cinnamon
- ★ $\frac{1}{2}$ tsp. ground nutmeg
- ★ $\frac{1}{2}$ tsp ground cloves

Mix ingredients together well and store in an air-tight container. Add 1-2 heaping spoons to 8-12 oz. hot water. Stir and enjoy!

Oatmeal

- ★ F.Y.I. A 42 oz. carton of old fashioned oatmeal contains about 13-14 c. oatmeal (1/2 c. dry/serving).
- ★ Remember the brown sugar, raisins and milk needed to serve.
- ★ Figure on 1 T of brown sugar, 2 T of raisins and $\frac{1}{2}$ c. milk per serving.

Catastrophe 10-12 [one pot/skillet cooking]

If converting to vegetarian, depending on degree of vegetarianism eliminate meat and/or eggs, increase potatoes and cheese and other veggies.

- 18 eggs
- 7 cups of frozen hash browns (24 oz.)
- 1 bunch of green onions OR one small onion, chopped
- Optional green or red pepper, diced
- 12 oz ham or 12 slices of bacon, diced
- 12 oz grated cheese
- Cooking oil
- 1 small bottle ketchup

Brown hash browns, onions and pepper in oil. If using bacon, cook the bacon and use the grease in place of the oil. Add ham and beaten eggs, cook until almost set. Add cheese and finish cooking until melted. Salt and pepper to taste. Serve with ketchup.