

## Stove Top Cooking

### Master Plan for One Pot Meals

Begin with the Basic Recipe and then add the other ingredients to make the specific dish. The following recipe erves 12.

#### Basic Recipe

Put into a large pot:  
 3 lbs hamburger, turkey, or chicken meat (brown and drain)  
 2 chopped onions  
 1 chopped green pepper

<b>Instant Spaghetti</b>	<b>Hunter's Stew</b>	<b>Ranch Style Beans</b>
Add: 1 can tomato soup (10 ½ oz undiluted) 4 14 oz cans spaghetti  Heat thoroughly	Add: 6 cans vegetable soup (10 ½ oz. undiluted) 4 16 oz cans mixed vegetables  Heat thoroughly	Add: 2 c. catsup 2 pkg onion soup mix 2 28 oz cans baked beans Heat thoroughly
<b>Chili</b>	<b>Beef Mac</b>	<b>Squaw Corn</b>
Add: 3 16 oz cans stewed tomatoes 3 15 oz cans kidney beans 3 - 4 Tbsp Chili powder  Cover and cook 10 - 30 minutes	Add: 1 lb uncooked macaroni (cook until turns yellow) 2 16 oz cans tomato soup 1 sauce can water 2 tsp garlic salt Cover and cook 25 minutes	Add: 2 cans tomato soup (10 ½ oz undiluted) 3 17 oz cans kernel corn ½ lb diced American cheese  Cover and heat thoroughly
<b>Spanish Rice</b>	<b>Hamburger Heaven</b>	<b>Sweet and Sour Beef</b>
Add: 3 cans tomato soup (10 ½ oz undiluted) 1 soup can water  When boiling, add: 14 oz box Minute Rice Cover, remove from heat and sit 5 minutes.	Layer: 12 oz fine dry noodles 1 lb grated American cheese 1 c chopped celery 2 28 oz cans tomatoes  Cover and cook 20-30 minutes  DO NOT STIR	Add: 4 c pineapple juice 6 Tbsp cornstarch dissolved in 3 Tbsp lemon juice and 3 Tbsp water  Stir until thickened  Serve on Chow mein noodles
<b>Quick Macaroni</b>	<b>Camp Soup</b>	<b>Mexican Delight</b>
Add; 2 cans chicken gumbo soup (10 ½ oz undiluted) 2 cans cream of chicken soup (10 ½ oz undiluted)  When boiling add: 1 lb uncooked macaroni  Cover and cook 20-30 minutes	Omit the onions and peppers Add: 1 16 oz can tomato sauce 6 sauce cans water 2 pkg onion soup mix 2 Tbsp soy sauce 1 tsp oregano 2 c sliced carrots 2 c sliced celery  Cover and cook 30 minutes	Add: 1 16 oz can Niblets Mexicorn 1 7 oz can pitted olives 3 cans tomato soup 10 ½ oz When boiling add: 1 15 oz cornbread mix prepared as directed on box. Drop by spoonfuls on TOP - DO NOT STIR Cover and cook 15 minutes DO NOT LIFT COVER BEFORE 15 MINUTES IS UP!