

Mix & Match Skillet Meals

Master List:

This is just a suggestion of items to get you started.

PASTA, RICE, GRAINS	SAUCE	MEAT	VEGETABLES
1 cup uncooked	14-16 oz. can plus 1-1/2 cups liquid (broth , milk or water)	1 lb. cooked	2 cups, cooked or raw
Rice-a-roni (or make your own!)	Cream of Chicken	Ground Beef, turkey or pork	Canned Beans
Tortellini	Cream of Mushroom	Chopped Beef, ham, or chicken	Baby Carrots
Rice (white, brown, wild)	Canned Broth	Frozen Meatballs	Bell Peppers
Pasta (any kind)	Pasta Sauce	Uncooked Shrimp	Hash Brown Potatoes
Bulgur Wheat	Cheese Sauces/Soups	Tuna/Salmon	Peas
Quinoa	Cream of Potato	Kielbasa	Corn
Quick cooking Barley	Tomato Soup	Beans	Green Beans
Flavored Pasta Packets (Alfredo, etc or make your own!)	Alfredo Sauce	Hot dogs	Broccoli
Ramen noodles	Asian Sauce packets		Frozen Mixed Vegetables
	Enchilada Sauce		Spinach
			Celery
			Green Peppers
			Whatever you've got!

How to make a Mix & Match Skillet Meal

1) pull one item (or more) from each category.

****Don't forget the additional liquid w/the sauce!****

2) Stir together in a skillet, season to taste, bring to a boil.

****Seasoning options are endless!: Salt, Pepper, Garlic, Creole, Taco, Soy sauce...)****

3) Reduce heat to simmer, cover pan for about 30 min. till pasta/rice is tender.

4) Stir occasionally to ensure it doesn't stick

5) Optional: Stir in 1/2-1 cup shredded cheese, just before serving.

