

# ONE POT MEALS

Put into Large Pot

Serves 8-10

1 medium chopped onion

1 chopped green pepper (optional)

2 lbs. ground meat (beef, chicken, turkey, or try beans + some oil for a vegetarian option)

Cook until meat is browned - SKIM FAT - add salt and pepper to taste

THEN CHOOSE ONE OF THE BOXES AND ADD INGREDIENTS

\*\*\* (All soup cans referenced below are 10-3/4 oz. size AND undiluted) \*\*\*

<p><b>CAMPER'S STEW</b> 3 cans vegetable soup for variety, ADD 1-2 soup cans of Minute Rice and equal amounts of water</p>	<p><b>HUNGARIAN HOT POT</b> 2 (1 lb.) cans pork &amp; beans 1 can cream of tomato soup</p>	<p><b>CORNY STEW</b> 3 cans whole kernel corn 2 cans cream of tomato soup 6 oz. grated cheddar cheese</p>
<p><b>QUICK MACARONI CASSEROLE</b> 2 cans chicken gumbo soup 2 cans cream of chicken soup 3 cans water 3 cups uncooked macaroni</p>	<p><b>CHILI BEANS</b> 2 qts. canned tomatoes (chopped) 2 (1 lb. 14 oz) cans chili beans garlic and chili powder to taste</p>	<p><b>SPANISH RICE I</b> 3 can cream of tomato soup 3 cups water 1 (8-10 oz.) box Minute Rice (or 3 soup cans full)</p>
<p><b>ITALIAN CHOP SUEY</b> 2 (1-1/2-2 lbs.) cans spaghetti with tomato sauce 1 (10-12 oz.) can stewed tomatoes grated cheddar to taste extra chopped onion</p>	<p><b>CHILI BEANS</b> 2 qts. canned tomatoes (chopped) 2 (1 lb. 14 oz) cans chili beans garlic and chili powder to taste</p>	<p><b>SPANISH RICE II</b> 1 can cream of tomato soup 2 (24-30 oz.) cans stewed tomatoes 2 cups converted rice (Uncle Ben's) 3 cups water (more if needed)</p>
<p><b>SLOPPY JOES</b> 2 pkgs. Sloppy Joe mix 2 (6 oz.) tomato paste 2-1/2 cups water follow pkg. directions serve on hamburger rolls</p>	<p><b>ONION-BEEF MACARONI</b> 1 pkg. dry onion soup mix 3 (8 oz.) cans tomato sauce 3 cups water 3 cups uncooked macaroni 1/2 cup grated sharp cheddar cheese</p>	<p><b>TACOS (20-24)</b> 2 pkgs. taco mix (follow directions) serve with: chopped fresh tomatoes grated cheddar cheese chopped green onions shredded lettuce serve in tortillas or taco shells</p>

**HELPFUL HINTS:** Adding **cheese** to foods while cooking makes pots hard to clean. Think about sprinkling grated cheese on top when serving. Parmesan also is easy and good.