

# Roast With Vegetables

**Utensil: Dutch oven Yield: 6 to 8 servings.**

- 1 (4-pound) pot roast, such as chuck, chuck tender or \*rump
- 1/2 teaspoon \*garlic powder or granulated garlic (may use I to
- 2 fresh garlic cloves, finely chopped)
- 5 carrots, peeled and cut in 3-inch lengths
- 5 potatoes, peeled and cut into quarters 1 large yellow onion, peeled and cut into quarters

Preheat Dutch oven over medium heat. Place roast in Dutch oven. Cook on one side for 10 minutes or until brown and meat loosens in pan. Turn roast and season with garlic powder or granulated garlic and pepper. Cook 10 minutes longer on other side. Add vegetables (including fresh garlic if using) and cover. When Vapo Valve clicks, reduce heat to low and cook 1-1/2 hours or until tender. Season to taste with salt or salt substitute.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
620	63.3 g	32.2 g	16.7 g	2 g	165 mg	151 mg

# Saladmaster Recipe Archive

## MEATS

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### Skillet Meat Loaf

Utensils: Large skillet, Saladmaster Machine  
Yield: 8 servings

- 2 ounces reduced-fat or \*fat-free cheddar cheese
- 1 small onion
- 1 medium potato
- 1 (8-ounce) can tomato sauce, divided
- 2 pounds lean \*ground beef or ground turkey
- 2 eggs or 1/2 cup \*egg substitute, slightly beaten
- 1 teaspoon salt

Process cheese and potato using #1 cone, onion using #2 cone.

Measure 1/3 cup tomato sauce; set aside. In a large bowl mix onion, potato, beef, remaining tomato sauce, eggs and salt. Mix well; shape into loaf, place in skillet; top with reserved tomato sauce. Cover; cook over medium heat until Vapo-Valve clicks, reduce heat to low and cook 30-35 minutes. Sprinkle cheese over meat loaf. Cover; cook 3-4 minutes until cheese melts.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
363	32.7 g	23.1 g	5.8 g	0.6 g	100 mg	606 mg

### Roast, Vegetables, and Black Forest Cake

Utensils: 7 Qt. Dutch Oven with Dome Lid, Poaching Rack and Double Boiler

- 4-5 lb. Roast
- 3-4 Potatoes
- 1 Onion
- 4-5 Carrots

Put a piece of a dry paper towel in 7 Qt. Dutch Oven on medium high heat. When paper towel is golden brown, the pan is ready. Remove paper towel and place roast in dry pan. Press down well. Brown roast 6-10 minutes on each side. Season as desired. Cut 1/2 inch thick onion slices and put under roast. Place potatoes, carrots and onion over roast. Then add rack with Black Forest Cake (see #2) in double boiler. Cover with Dome Lid. Turn heat down to medium low when water starts to bubble out the sides. Cook approximately 2 hours. You can make gravy from juices if desired. (Note: 20-30 minutes per pound.) For a fork cutting tender roast: after searing the meat put onion slices under it and add approximately 3/4 cup hot water, cover and let cook on low+ heat for 2-3 hrs. Add vegetables and turn to Medium heat approx. 45 minutes before serving.

## Black Forest Cake

Utensils: Double Boiler, and Food Cutter, Saladmaster Machine with #1 Cone

1 Can Cherry Pie Filling  
1/2 Chocolate Cake Mix  
1 Egg 1/2 Apple  
1 Stalk of Celery 1/8 Head Cabbage  
1/2 Carrot

Put 1 can of cherry pie filling in bottom of double boiler. In bowl add 1/2 package of chocolate cake mix and 1 egg. Shred all ingredients on #1 cone and add to cake mixture. Put mixture on top of cherry pie filling. Place 11" Poaching Rack in 7 Qt. Dutch Oven. Set cake on rack and cover with Dome Lid. Cook the full length of time that you cook the roast.

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## APPETIZERS AND SALADS

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### Health Salad

Utensil: Saladmaster Machine Yield: 6-8 servings

2 ounces reduced-fat or fat-free cheddar cheese  
1 medium carrot  
1/3 head green cabbage  
1/4 head red cabbage  
3 radishes  
1/2 medium cucumber

Process cheese, carrot and cabbages using #1 cone, radishes and cucumber using #4 cone. Place all ingredients in bowl. Serve with your choice of salad dressing.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
22.4	2.8 g	0.1 g	3.1 g	1.1 g	1.6 mg	59 mg

### Fiesta Taco Salad

Utensils: Small skillet, Saladmaster Machine Yield: 6-8 servings

4 ounces reduced-fat or \*fat-free cheddar cheese  
1 medium onion  
1 pound extra lean ground beef  
1 (1-1/4 ounce) package taco sauce mix  
3/4 cup water  
1 (7-ounce) package nacho cheese tortilla chips; or baked tortilla chips

1 head lettuce  
3 medium tomatoes; chopped

Process cheese using #1 cone, onion using #2 cone. Preheat skillet on medium heat, add meat, brown and drain. Add onion, taco sauce mix and water, reduce heat to low; simmer 5 minutes. Refrigerate until cool.

While meat is cooling, tear lettuce into bite size pieces, place in large salad bowl. Add meat, tomatoes and cheese. Slightly crush chips, add to salad, and toss gently. Serve with your favorite dressing.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
318	21.4 g	17.5 g	19.9 g	2.3 g	51.9 mg	334 mg

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## SOUPS AND STEWS

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### Low Cholesterol Chicken and Lime Soup

Utensils: Large skillet, 7-quart Dutch oven, Saladmaster Machine  
Yield: 5 servings

1 fresh lime  
1 medium onion  
4 boneless chicken breast halves, skinned  
2 6" flour tortillas  
6 cups low-fat, low-sodium chicken broth  
1 (4-ounce) can mild green chilies, chopped  
1/2 teaspoon dried oregano  
1/8 teaspoon black pepper  
1 clove garlic, minced  
1 cup tomato, chopped  
2 tablespoons \*parsley or cilantro, snipped

Shred lime peel using #1 cone, squeeze juice from lime and set aside. Process onion using #2 cone. Cut chicken breasts into bite-size pieces, set aside. Cut each tortilla into 5 wedges. Preheat skillet on medium heat. Place tortillas in skillet; toast 8-10 minutes or until light brown. Remove from skillet; cool. In Dutch oven combine chicken broth, onion, chilies, oregano, 1/4 teaspoon lime peel, 2 tablespoons lime juice, black pepper and garlic. Bring to boil. Reduce heat to low; simmer 5 minutes. Stir in chicken, cover; cook over medium heat until Vapo-Valve clicks, reduce heat to low and cook 7-9 minutes or until chicken is tender. Stir in tomato; heat thoroughly. When ready to serve sprinkle with parsley or cilantro. Serve with tortilla wedges.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
323	48.1 g	6.3 g	16.2 g	1.8 g	118 mg	226 mg

### Vegetable Bean Soup with Ham

Utensils: 7-quart Dutch oven, Saladmaster Machine Yield: 5 servings

3/4 cup dry navy beans  
5 cups water, divided  
1 medium onion  
2 medium carrots  
1 celery stalk

2 cups fresh spinach or \*cabbage  
 3 cups low-sodium broth  
 1 teaspoon dried basil  
 ½ teaspoon dried thyme  
 ¼ teaspoon freshly ground black pepper  
 2 bay leaves  
 1 clove garlic, minced  
 1½ cups diced, cooked ham or 1/2 pound smoked turkey in chunks

Rinse beans, place in Dutch oven add 4 cups of water. Bring to a boil over medium heat, reduce heat to low; simmer 2 minutes, remove from heat. Cover; let stand 1 hour.

While beans are softening, process onion using #2 cone, carrots and celery using #4 cone, spinach or cabbage #5 cone.

Drain and rinse beans, return to Dutch oven, add 5 cups water, carrots, onion, celery, bouillon cubes, basil, thyme, pepper, bay leaves and garlic. Bring to a boil over medium heat; reduce heat to low. Cover; simmer 1-2 hours or until beans are tender. Stir in ham and spinach or cabbage; simmer 3-5 minutes. Remove bay leaves.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
143	15 g	2.1 g	16.6 g	4.7 g	21.4 mg	399 mg

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## **COOKING VEGETABLES**

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Cooking vegetables the Saladmaster way Remember that pans should be at least 2/3-full. Avoid peeling vegetables whenever possible since much of the vitamins and nutrients are in the skins.

Follow this simple two-step process:

1. Place fresh vegetables in correct size pan. Add enough water to pan to cover vegetables. Shake pan and drain. This restores water lost by the vegetables during shipping and storage. When using frozen vegetables, simply place in pan; do not rinse.
2. Cover pan with lid and place pan over medium heat. When Vapo-Valve clicks, reduce heat to low. Begin timing vegetables according to the chart below.

Vegetable	Minutes
Asparagus, whole spears	5-7
Beans, green or wax	8-10
Beets, red, whole medium	50-60
Broccoli spears	5-7
Brussels sprouts	9-10
Cabbage, sliced	4-6
Carrots, sliced	9-10
Cauliflower, separated	6-8
Celery, sliced	5-7
Corn, kernels, frozen	1-2
Corn on the cob	10-12
Okra, small, whole	6-8
Onions, sliced	8-10
Peas, fresh or frozen	2-3
Peppers, green or	3-4
Potatoes, sweet, cubed	15-20
Potatoes, white, whole, medium	20-25

Snow peas	2-3
Spinach, fresh	2-3
Squash, summer, sliced	4-6
Squash, winter, diced	10-13
Zucchini squash, sliced	4-6

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## VEGETABLES

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### Fresh Steamed Asparagus with Almonds

Utensils: 3-quart saucepan, Steamer Inset, small gourmet skillet

Yield: 4 servings

2 pounds fresh asparagus  
 4 cups water  
 1 (2-ounce) package slivered almonds  
 1 teaspoon margarine

Wash fresh asparagus and snap off tough stem ends.

Pour water in saucepan; bring to boil over medium heat. Place fresh asparagus in steamer inset; place over boiling water. Cover; steam 4-5 minutes or until barely tender.

In small skillet, melt margarine over low heat. Add almonds; sauté. Top fresh asparagus with sautéed almonds before serving.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
143	9.8 g	8.9 g	11.3 g	4.8 g	0 mg	18.2 mg

### Stovetop Baked Potatoes

Utensil: Large skillet; Yield: 8 servings

4 medium potatoes

Cut potatoes in half, make a "cross" into meat side of each potato half; wipe dry with paper towel. Place meat side down in skillet. Cover; cook over medium heat until Vapo Valve clicks, reduce heat to low and cook 30 minutes.

1 serving contains:

Cal	Prot	Fat	Carb	Fiber	Chol	Sodium
38	1.1 g	0.05 g	8.6 g	0.3 g	0 mg	1.5 mg

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#### **4-Layer Casserole (Electric Skillet Recipe)**

1 pound ground beef  
1 medium onion – chopped  
Salt & pepper to taste  
2 cups INSTANT rice  
1 can of whole kernel corn (15.25 oz) DO NOT drain  
1 Large can of one of the following (your choice) –  
Tomato puree, sauce or diced tomatoes (at least 29 oz)

In electric skillet add ground beef with chopped onion, cook until meat is done/onion is tender. Drain.

Add ingredients in the skillet in this order:

First layer - Meat  
Second Layer - Rice  
Third Layer - Corn  
Fourth Layer - Tomatoes, sauce or puree

Place lid on skillet, set control to medium/high. You MIGHT have to add a little water (1/2 to 3/4 cup) to "casserole", so it doesn't burn or become too dry. Cook until rice is tender... takes about 5-10 minutes in my skillet.

\*\*Optional - I use 2 regular size cans (15.25 oz) of Pizza Sauce sometimes and then top with shredded cheese.

#### **15 Minute Beef Barbecue**

1 lb. beef round tip steaks, cut 1/8 to 1/4 inch thick  
2 tsp vegetable oil  
1 medium onion, cut into thin wedges  
1/4 cup Barbecue Sauce  
4 crusty rolls, split

Cut steaks crosswise into 1-inch strips; set aside. Cook and stir onion in oil in electric skillet on medium-high heat 3 minutes, or until lightly browned. Remove and keep warm. Add beef strips (1/2 at a time) to pan; cook and stir 2 to 3 minutes. Add barbecue sauce and onion; heat until hot. Place an equal amount of beef mixture on bottom half of each roll; close sandwiches.

#### **After Church Stew**

1-1/2 lbs. lean beef cut in pieces (chuck round or top sirloin)  
2 tsp. Salt  
1/2 tsp. dried basil  
1/4 tsp. Pepper  
2 stalks celery - cut up  
2 onions - cut up  
1 - 10-1/2 oz can tomato soup  
1/2 soup can of water  
3 potatoes - peeled and cubed

Place beef (no need to brown it) in the electric skillet. Sprinkle with salt, basil and pepper. Top with celery, carrots and onions. Combine soup and water. Pour over meat and vegetables, coating all pieces. Cover turn to medium. Cook for 1 hour. Add potatoes and bake 20 minutes longer.

### **Alabama Sirloin**

1 sirloin steak cut into three pieces  
2 tbsp. olive oil  
1 tsp. pepper  
1 tsp. garlic powder  
2 tbsp. Worcestershire sauce

In an electric skillet, heat the olive oil to 325 degrees. Add the sirloin steak pieces and season with pepper, garlic powder, and Worcestershire sauce. Cook on medium turning the steak so that both sides will be cooked. Cook until the steak is done to your liking.

### **All-American Barbecued Chicken**

1 can (10 3/4 oz.) Campbell's® Tomato soup  
2 tbsp. Honey  
1 tsp. dry mustard  
1/2 tsp. onion powder  
4 bone-in chicken breast halves, skinned

Mix soup, honey, mustard and onion. Place chicken in electric skillet. Make sure the soup, honey, mustard, and onion are mixed well together and pour on top of the chicken. Bring to a boil (uncovered). When mixture starts to boil, reduce to low heat and cover. Cook on medium heat for 35-40 minutes.

Remove Chicken --- I like to serve it over rice. After you remove the chicken and place on top of the rice, boil the remaining mixture and spoon on top of the chicken.

Serves 4

### **All In One Skillet Dinner**

2 tbsp. fat  
1 c. onion, chopped  
1/2 lb. ground beef  
1 c. carrots, sliced  
4 oz. noodles, medium  
1 qt. water  
2 tsp. Worcestershire sauce  
1 tbsp. salt  
1/8 tsp. Pepper

Melt fat in electric skillet. Add onion and beef and cook until brown, about 10 minutes. Add carrots, noodles, and water. Cover and simmer over low heat about 45 minutes. Add Worcestershire sauce, salt and pepper. Stir and serve!!.

### **All-In-One Skillet Dinner #2**

8 to 10 country ribs  
4 med. potatoes, quartered  
1 can carrots  
1 onion

Brown ribs and onions in electric skillet. Add quartered potatoes and cover with water. Cover skillet and cook until done, approximately 30 to 40 minutes. Add carrots and simmer another 5 minutes. Always keep plenty of water in the skillet to cover them. Make a flour and water thickening, and with the items still in the skillet, stir in the flour mixture to make gravy.

### **All In One Meal (Chili In A Skillet)**

1 lb. ground beef  
1 c. chopped onion  
1/2 c. chopped green pepper  
1 garlic clove, minced  
1 c. tomato juice  
1 (8 oz.) can kidney beans, undrained  
2 tsp. chili powder (more if you like)  
1 tsp. dried oregano  
1 tsp. Salt  
1/2 c. uncooked long grain rice  
1 c. canned or frozen corn  
1 c. shredded Cheddar or Monterey Jack cheese

In electric skillet, cook beef, onion, peppers and garlic until meat is brown and vegetables are tender. Drain fat. Add tomato juice, beans, chili powder, oregano, salt and rice. Cover and simmer on medium heat for 25 minutes or until rice is tender. Stir in corn and cook 5 minutes more. Sprinkle with cheese and cook only until cheese melts. Makes about 4 servings.

### **A Meal In Skillet**

2 tbsp. Butter  
1 lg. onion, sliced  
1/2 c. sliced celery  
1 lg. bell pepper, sliced  
1 lb. ground beef  
1 (15 oz.) can Chef Boyardee Beefaroni  
8 oz. Cheddar cheese, shredded  
5 pieces of sliced cheese

In electric skillet melt butter over medium heat, add onions, celery, and bell pepper. Cook stirring, until vegetables are softened. Add beef. Cook until brown and drain well. Stir in Beefaroni and cheese. Place sliced cheese on top. Cover and cook for 15 minutes on medium heat.

### **Apple "Dump" Chicken**

1 1/2 Pounds Chicken Pieces -- (4 to 6)  
1/2 cup apple juice  
1/2 teaspoon chicken bouillon  
1 clove garlic  
1/4 teaspoon tarragon  
1 Whole apple -- cored and sliced  
1/4 cup green onion – diced

For immediate cooking: Spray electric skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cover and cook for 45-55 minutes on medium heat -- turning



chicken occasionally. If cooking nothing but chicken breasts, cook 20-30 minutes, or until chicken juices run clear.

For freezing: Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer. To cook after frozen, remove the mixture from the plastic bag and place in SKILLET. Pour ½ cup of water around the apple chicken. Cover and cook on medium high for 55-60 minutes. Check halfway through to see if you need to add more water. Great with rice.

Per serving: 192 Calories (kcal); 12g Total Fat; (55% calories from fat); 15g Protein; 7g Carbohydrate; 70mg Cholesterol; 59mg Sodium

### **Apple "Dump" Ham**

1 Pound Ham Steaks -- (4 to 6)  
1/2 cup apple juice  
1/2 teaspoon chicken bouillon  
1 clove garlic  
1/4 teaspoon tarragon  
1 Whole apple -- cored and sliced  
1/4 cup green onion – diced

For immediate cooking: Spray electric skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cover and cook for 35-45 minutes on medium heat.

For freezing: Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer. To cook after frozen, remove the mixture from the plastic bag and place in SKILLET. Pour ½ cup of water around the ham steaks. Cover and cook on medium high for 45-50 minutes. Check halfway through to see if you need to add more water. Great with rice.

Per serving: 118 Calories (kcal); 3g Total Fat; (25% calories from fat); 15g Protein; 6g Carbohydrate; 34mg Cholesterol; 964mg Sodium

### **Apple "Dump" Pork**

1 1/2 Pounds Pork Chops -- (4 to 6)  
1/2-cup apple juice  
1/2-teaspoon chicken bouillon  
1 clove garlic  
1/4-teaspoon tarragon  
1 Whole apple -- cored and sliced  
1/4 cup green onion -- diced

For immediate cooking: Spray the electric skillet with a little Pam. Place all items in a plastic bag and turn to coat. Dump into the skillet, spreading the pork chops apart. Cook 25-30 minutes on medium high until pork chops are no longer pink.

For freezing: Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer. To cook, after frozen, remove the mixture from the plastic bag and place in electric skillet. Cover and cook on medium high for 35-40 minutes.

Per serving: 201 Calories (kcal); 11g Total Fat; (51% calories from fat); 18g Protein; 6g Carbohydrate; 56mg Cholesterol; 48mg Sodium

### **Apricot Glazed Chicken**

1/2 cup apricot preserves  
1/3 cup bottled Russian dressing (or Thousand Island)  
1/2 envelope onion soup mix  
6 frozen chicken breasts (not thawed)

Mix the first 3 ingredients together. Place the chicken in the electric skillet and cover with the apricot mixture. Cover, cook on medium high for 55 minutes. Stir a few times to make sure that it does not stick.

### **Arizona Skillet Dinner**

2 tbsp. corn oil  
1 med. onion, chopped  
1 med. green pepper, chopped  
2 cloves garlic, minced  
2 tbsp. chili powder  
1/2 tsp. Salt  
1/2 tsp. ground cumin  
1 can whole tomatoes, undrained  
1 (16 oz.) can kidney beans, rinsed & drained  
1 pkg. frozen corn kernels, thawed  
8 oz. macaroni, cooked, drained  
1/2 c. shredded Monterey Jack cheese with jalapeno pepper

In electric skillet heat oil over medium high heat. Add onion, green pepper, garlic, chili powder, salt and cumin. Sauté 4 minutes or until tender. Stir in tomatoes, breaking with spoon. Add kidney beans and corn. Bring to boil. Reduce heat and simmer. Toss with macaroni. Sprinkle with cheese. Makes 8 servings.

### **Asian Tomato Beef**

2 cans (10 3/4 oz. **each**) Campbell's® Tomato Soup  
1/3-cup soy sauce  
1/3-cup vinegar  
1/4 tsp. Pepper  
3 1/2 lb. boneless beef round steak 3/4" thick, cut into strips  
6 Cups broccoli flowerets  
8 cups hot cooked rice  
1 1/2 tsp. garlic powder

Mix soup, soy, vinegar, garlic, pepper and beef in electric skillet. Cover, cook on medium high for 25 minutes. I always take out one piece of beef and test it to see if it is done. Add broccoli. Cover again, reduce heat to low and cook for 10 minutes or until broccoli is tender-crisp. Serve over rice. Serves 8.

### **Asparagus Skillet Supper**

Combine in skillet:

2 c. diced potatoes  
1/4 c. diced onion  
1 c. diced ham  
1 (4 oz.) can drained mushroom  
3/4 c. milk  
1 can cream of chicken soup  
Salt and pepper  
2 cups of asparagus pieces (save this for adding later)

Cover and cook on high heat until steaming, turn to low and cook 30 minutes. Add 2 cups fresh asparagus pieces. Cover, cook 15 minutes more, serve at once. (May substitute frozen asparagus, drained).

### **Autumn Pork Chops**

1 tbsp. olive oil  
4 pork chops, 1/2" thick  
1 can Campbell's® Cream of Celery or 98% Fat Free Cream of Celery Soup  
1/2 cup apple juice or water  
2 tbsp. spicy-brown mustard  
1 tbsp. honey  
Generous dash pepper  
4 cups hot cooked medium egg noodles

Cook egg noodles and drain. Place oil in skillet and brown the pork chops. Add soup, apple juice, mustard, honey and pepper. Heat to a boil. Cover and cook over low heat 10 min. on medium heat.

Serve with noodles. Serves 4.

### **Baked Apples In The Skillet**

1/3 c. butter  
1/2 to 3/4 c. sugar  
2 tbsp. corn starch  
1 1/2 c. water  
1/2 tsp. Cinnamon

Peel and slice enough apples to fill a large skillet. Mix above ingredients and pour over apples, put lid on skillet and simmer on Medium Heat until done.

### **Baked Bean Skillet Supper**

1/2 lb. link sausage  
1 lb. can baked beans  
1 c. whole kernel corn  
1 lb. can tomatoes  
1 tsp. salt  
1/2 tsp. basil  
1/4 tsp. Pepper

Brown sausage in skillet, pour off fat. Add remaining ingredients and simmer together 15 minutes on medium heat. Serves 4 to 6.

## **B.B. Beef Skillet**

1 pound lean ground beef  
1 green pepper – chopped  
1 medium onion – chopped  
Garlic  
1 8-oz can of stewed tomatoes  
¼ cup water  
2 tablespoons bottled barbecue sauce  
1/3 teaspoon oregano  
1/3 teaspoon red pepper  
1/2 teaspoon salt  
1 (7 ounce) can whole kernel corn

Brown and drain 1 pound lean ground beef in the electric skillet. Take meat out of skillet and add 1 medium chopped green pepper, 1 medium onion, chopped, a little garlic if you like, and cook until tender. Then add 1 (8 ounce) canned stewed tomatoes, 1/4 cup water, 2 tablespoons bottled barbecue sauce, 1/3 teaspoon oregano, 1/3 teaspoon red pepper, 1/2 teaspoon salt, 1 (7 ounce) can whole kernel corn (drained), and beef. Simmer in skillet for 30 minutes on medium heat, covered. Then add corn and cook 3 minutes more. Serve over cooked rice or noodles.

## **BBQ Beans**

1 restaurant size can pork and beans, drained  
1/4 lb. brown sugar  
1 onion chopped fine  
1 green pepper chopped fine  
1 tablespoon jalapeno pepper minced  
1 large bottle of Bullseye original or smoky BBQ sauce  
1/2 bottle of water  
1 1/2 tablespoons black pepper  
Approx. 1/2 chopped fine, cooked meat (your choice, but brisket meat works really well.)  
1 tablespoon smoke flavoring if using original BBQ sauce

Brown the meat in the electric skillet. Drain well. Place all ingredients back in the skillet. Mix well. Cook on low, for about 20 minutes. Stir often so it does not stick to the bottom or sides.

## **BBQ Jelly "DUMP" Chicken**

3/4 cup Ketchup  
3/4 cup Blackberry Jam  
1/8 cup White Vinegar  
1 Teaspoon Worcestershire Sauce  
2 Teaspoon Chili Powder  
1/8 Teaspoon Salt  
1 1/2 Pounds Chicken Pieces

For immediate cooking: Spray electric skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet and cook on medium high heat for 55-60 minutes on medium heat.

For freezing: Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer. Remove Chicken Mixture from the freezer bag and place in skillet. Cook until the juices run clear on

medium high heat with (60 minutes for chicken pieces, or 50 minutes for chicken breasts). Make sure juices run clear from chicken.

Per serving: 299 Calories (kcal); 12g Total Fat; (34% calories from fat); 15g Protein; 35g Carbohydrate; 70mg Cholesterol; 488mg Sodium

### **BBQ Jelly "DUMP" Pork Chops**

3/4 cup Ketchup  
3/4 cup Blackberry Jam NOTES : (strawberry, Peach, and apricot jams also work well)  
1/8 cup White Vinegar  
1 Teaspoon Worcestershire Sauce  
2 Teaspoon Chili Powder  
1/8 Teaspoon Salt  
1 1/2 Pounds pork chops

For immediate cooking: Spray electric skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet and on medium high heat 30-40 minutes or until pork is no longer pink.

Per serving: 184 Calories (kcal); 7g Total Fat; (32% calories from fat); 11g Protein; 21g Carbohydrate; 33mg Cholesterol; 286mg Sodium

### **BBQ Jelly "DUMP" Pork Roast**

3/4 cup Ketchup  
3/4 cup Blackberry Jam  
1/8 cup White Vinegar  
1 Teaspoon Worcestershire Sauce  
2 Teaspoon Chili Powder  
1/8 Teaspoon Salt  
1 1/2 Pounds pork chops  
3 Pounds pork roast

Place pork roast into Electric Skillet. Brown on all sides. Mix all the other ingredients together and pour over roast. Cover and cook for 10 minutes on medium high heat. Reduce heat to medium and cook for 10 more minutes. Uncover, stir the juice, turn the meat, making sure that the juice covers the meat. Cover and cook for 30 more minutes, turning often, keeping covered.

Per serving: 281 Calories (kcal); 13g Total Fat; (41% calories from fat); 21g Protein; 21g Carbohydrate; 68mg Cholesterol; 320mg Sodium

### **Bahama Fried Fish**

Yield: 4 servings

3 lb fresh fish fillets  
Lemon pepper  
Garlic salt  
1 c pancake mix  
1 c Italian breadcrumbs  
1/4 c water  
1 egg; beaten  
Peanut oil

Preheat electric skillet to 350 degrees. Cut fish in bite-sized pieces. Lightly sprinkle with lemon pepper and garlic salt. Combine pancake mix and bread crumbs in a paper bag. Dip fish in water and egg mixture. Shake fish in bag to coat with crumbs. Fry in oil for 7 minutes, or until golden brown, turning once. Serve immediately.

### **“Baked” Chicken Breasts**

3 whole chicken breasts – halved (if I have them, I use Boneless, Skinless)  
2 tablespoons butter  
1 can condensed cream of chicken soup  
1/8 cup water  
1-teaspoon leaf tarragon -- or leaf rosemary  
1/8 cup Worcestershire  
1/4 teaspoon garlic powder  
1 4 oz can sliced mushrooms

Place chicken breasts in the Electric Skillet and cook to brown on both sides. Mix the remaining ingredients and pour on top of the chicken. Cover, cook on medium high heat, for 45 minutes. Great with Rice.

### **Baked Onion Chicken**

1 pouch Campbell's® Dry Onion Soup and Recipe Mix  
2/3 cup dry breadcrumbs or cracker crumbs  
1/8 tsp. pepper  
1 egg or 2 egg whites  
2 tbsp. water  
6 skinless boneless chicken breast halves or 12 boneless chicken thighs (about 1 1/2 pounds)  
2 tbsp. Margarine or butter melted

Crush soup mix in pouch with rolling pin. Mix soup mix, breadcrumbs and pepper on plate. Mix egg and water in shallow dish. Dip chicken into egg mixture. Coat with crumb mixture. Place the chicken in the electric skillet and brown in the margarine. Cook until the chicken is done on the inside (juices run clear).

TIP: For 2/3 cup cracker crumbs, finely crush 16 saltine crackers.

### **Baptist Skillet Cookies**

1 c. chopped dates  
3/4 c. sugar  
3 tbsp. Butter  
1 egg, well beaten  
2 1/2 c. Rice Krispies  
3/4 c. pecans  
1 c. coconut

Mix dates, sugar, butter and egg in electric skillet. Melt over low heat – stirring often so as not to stick. Turn off fire and add Krispies and pecans. When cool enough to handle, roll into small balls and roll into coconut. Place on wax paper.

### **Barbecue Burger**

1 1/2 lb ground beef  
1/2 cup onion, chopped  
1/2 cup green pepper, chopped  
1 tsp. salt  
1 Tbs. sugar  
1/4 cup catsup  
1-8 oz can tomato sauce  
1/4 cup hickory barbecue sauce

1 Tbsp. vinegar  
1 1/2 tsp. Worcestershire sauce  
Dash pepper

Place the ground beef, onion and green pepper in the electric skillet and brown. Drain and place back into the skillet along with all of the other ingredients. Cover and cook for 15 minutes on medium heat. Serve on buns. Great for a Super Bowl Party or on a Snowy Day!!

### **Barbecue Chicken (Skillet Style)**

1 cut up fryer  
1 can tomato sauce (8 oz.)  
3/4 c. flour  
2 or 3 med. potatoes cut up (optional)  
1 chopped onion  
1 1/2 c. BBQ sauce  
1 chopped bell pepper  
Salt and pepper to taste

Brown chicken in butter in skillet. Remove from skillet. Mix together all other ingredients, except potatoes. Dip pieces of chicken in the batter and return to skillet. Pour remaining batter over chicken. Add potatoes, if desired. Cover and simmer until done (approximately 45 minutes)

### **Barbecue Chicken and Hot Links**

4 chicken breasts- cubed  
4 hot links- cubed  
1 tsp. olive oil  
Salt to taste  
1 onion- chopped  
1 bell pepper- chopped  
1/2 bottle bar-b-q sauce  
1 cup water

Add oil, chicken, and hot links to the electric skillet. Stir Fry until browned. Add onion and bell pepper. Stir fry for 2 to 3 more minutes. Add the rest of the ingredients. Cover. Cook on Medium High Heat with 15-20 minutes. Great with rice! Serves 6.

### **Barbecue Chicken Wings**

5 lb. chicken wings -- with tips cut off  
1 bottle (12 oz.) chili sauce  
1/3 cup lemon juice  
1 tbsp. Worcestershire® sauce  
2 tbsp. molasses  
2 tsp. salt  
2 tsp. chili powder  
1/4 tsp. hot pepper sauce  
1 dash garlic salt

Place wings in Electric Skillet. Combine all remaining ingredients, mix well and pour over chicken. Cook on Medium for 20 minutes. GREAT for Super Bowl Party – just be prepared to cook more!!

### **Barbecue Meatballs**

1 lb. hamburger meat  
1 egg  
1/2 cup soft bread crumbs  
1/4 cup chopped onions  
1/4 cup milk  
1 clove garlic, minced  
1/2 tsp. chili powder (optional)  
2 Tbsp. oil  
8 oz bottle mild taco sauce or 12-oz. jar chili sauce or ketchup  
1 jar grape jelly (about 8 oz)  
1 1/2 Tbsp. Dijon or prepared mustard

In large bowl, combine extra lean ground beef, egg, bread crumbs, onion, milk, garlic and chili powder; mix well. Shape into about 45 1-inch balls. In large electric skillet, heat oil over medium-high heat until oil sizzles, about 1 minute. Add meatballs. Brown on all sides. In small bowl, combine sauce ingredients. Add to meatballs. Stir gently to coat meatballs. Bring to a boil. Reduce heat to low. Cook covered until meatballs are done through and through.

Makes 11 to 15 servings (3 to 4 meatballs per serving)

### **Barbecue Pork Chops**

6 rib or loin pork chops, cut 3/4 to 1-inch thick  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 cup chili sauce  
1/2 cup water  
1/4 cup vinegar  
2 tablespoons brown sugar  
1 tablespoon finely chopped onion  
1 teaspoon dry mustard  
1 teaspoon Worcestershire sauce

Place the pork chops in the Electric Skillet. Brown on medium high heat. Season with salt and pepper. Combine remaining ingredients and mix well. Pour the mixture over the chops. Cover and cook for minutes on medium high heat. Remove chops to plate and spoon remaining sauce over chops. Great with rice or steamed veggies!!!

HINT: I sprayed the sides with some Pam so the liquids did not stick.

### **Barbecue Pork Skillet**

4 ea top loin pork chops  
1/4 cup low-fat Italian dressing  
1/4 cup barbecue sauce  
1 tsp chili powder

In large non-stick skillet, brown pork chops on one side over medium-high heat; turn chops and add remaining ingredients to pan, stirring to blend; cover and simmer for 5-8 minutes.



### **Barbecue Ribs**

3/4 lb. Ribs  
1 tsp. Salt  
1 onion (divided into rings)  
2 dashes Tabasco sauce  
1 c. catsup  
2 c. water  
1/2 c. Worcestershire sauce

Place all ingredients into the Electric Skillet. Cook for 20 minutes on medium heat --- covered. Depending on how much meat is on the ribs, they may need a little more or less time --- 20 to 25 minutes is generally the time I cook them. I also add a little more hot sauce.

### **Barbecued Chicken In A Skillet**

Cut up chicken  
Salt and pepper  
12 oz. bottle Pepsi  
3/4 c. barbecue sauce  
1/4 c. catsup

Skin pieces of chicken. Season to taste with salt and pepper. In skillet, heat Pepsi, barbecue sauce and catsup. Place chicken in skillet and simmer for 30 minutes with lid on. Remove cover and cook for another 30 minutes.

### **Barbecued Chicken Sandwiches**

1 tbsp. butter **OR** margarine  
1 small green pepper, chopped (about 1/2 cup) (optional)  
1 small onion, chopped (about 1/4 cup)  
1/4 cup chopped celery  
1/2 cup barbecue sauce  
2 cans (5 ounces each) Swanson® Premium Chunk Chicken, drained

In the Electric Skillet, stir-fry the pepper, onion and celery in the butter until tender. Add the chicken and the barbecue sauce. Cover and cook on medium heat for 20 minutes. Stir well and serve on rolls. Makes 4 sandwiches.

### **Barbecued Skillet Chicken**

2 tbsp. oil  
1 tsp. curry powder  
1 lg. clove garlic, minced (or 1 tsp. garlic powder)  
2 to 3 lb. chicken parts  
1 can or 1 pkg. dry onion soup mix  
2 tbsp. flour  
1 1/2 c. water  
1 tsp. Worcestershire sauce  
1/2 c. ketchup  
1 tbsp. Honey

In electric skillet, put oil, curry and garlic. Add chicken parts and brown. Remove. Turn off heat. In drippings, stir in the soup mix and flour. Gradually stir in the water and remaining ingredients. Return chicken to pan, cover and cook over low heat. Stir occasionally until tender about 60 minutes.

### **Barbecued Skillet Pork Chops**

4-6 pork chops (2 lbs.), trimmed of fat  
1-2 sm. cloves garlic, minced  
1/3 c. diced celery  
1/2 c. sliced mushrooms  
2 tbsp. brown sugar  
2 tbsp. lemon juice  
2 tbsp. Worcestershire sauce  
1/2 tsp. dry mustard  
1/8 tsp. pepper  
Dash or two of hot paprika  
1 (16 oz.) can tomato sauce  
1/2 lb. flat noodles

In a large electric skillet, brown chops in oil and garlic over medium heat. Sprinkle vegetables and seasonings over pork chops and pour tomato sauce over all. Cover skillet and simmer over low heat until chops are tender. Serve over noodles. Make an extra 1/2 recipe for extra sauce.

### **Barbecued Turkey Sloppy Joes**

2 pounds ground turkey  
2 medium onions  
2 15 oz cans tomato sauce  
1 6 oz can tomato paste  
1/2 cup brown sugar  
1/3 cup red wine vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons liquid smoke hickory flavoring  
1/2 teaspoon seasoned salt  
1/4 teaspoon ground pepper  
1/4 cup of water  
8 sourdough rolls -- split and toasted

Add the water, turkey and onions to the Electric Skillet. Cover, turn to medium high heat and cook for five to ten minutes until lightly browned and crumbly. Remove the turkey from the Electric Skillet, drain the oil and wipe the skillet out. Place the turkey back in the Electric Skillet. Add the remaining ingredients (except rolls!!), cover, and cook on medium heat for 20 minutes. Serve on sourdough roll halves, on bread slices or in small bread loaves. Makes 8 servings.

### **Batter Fried Shrimp**

Serves 6

1 1/2 pounds shrimp, peeled and deveined  
1/2 cup oil  
1 egg, beaten  
1 cup all-purpose flour  
1/2 cup milk  
3/4 teaspoon seasoned salt  
1/4 teaspoon salt  
Oil for deep frying

Preheat oil to 350 degrees in electric skillet. Combine 1/2 cup oil and egg; beat well. Add remaining ingredients except oil for frying and stir until well blended. Dip shrimp into batter to coat. Drop shrimp into hot oil and fry for 30-60 seconds or until golden brown. Remove with slotted spoon; drain on paper towel.

### **Basque Skillet Dinner**

1 lb. Italian, turkey or bratwurst sausage, sliced  
1/2 c. chopped onion  
1 c. diagonally sliced celery

4 potatoes, peeled and diced  
1 (1 lb.) can tomatoes  
3/4 c. water  
1 tsp. lemon juice  
1 beef or chicken bouillon cube  
1/2 tsp. Salt  
1/4 tsp. Pepper  
1/4 tsp. Thyme

Brown sausage electric skillet over medium heat. Add onion and cook until tender. Stir in remaining ingredients. Cover and simmer for 30 minutes, or until potatoes are tender. Makes 4-6 servings.

### **Bayou Souperburger Sandwiches**

1 pound ground beef  
1 medium onion -- chopped (about 1/2 cup)  
1 10.75-oz Can Campbell's(r) Condensed Chicken Gumbo Soup  
1 tablespoon prepared mustard  
1/8 teaspoon pepper  
6 Each hamburger rolls -- split and toasted

In the Electric Skillet, add the hamburger and onion. Brown until hamburger is cooked and onions are translucent. Remove hamburger and onions. Drain and wipe out Electric Skillet. Return the hamburger and onion to the skillet and add the soup, mustard, and pepper. Stir well. Cover, cook on medium heat for 15 minutes. Uncover half-way and stir.

Serve on rolls.

### **Beans and Rice Skillet**

1 pound ground beef  
1 cup water  
1/2 cup thick salsa  
15 ounces tomato sauce  
1 1/2 cups uncooked instant white rice  
1 cup whole kernel corn, frozen  
1 cup red bell pepper, chopped  
1 can black beans (15 oz.) -- rinsed and drained

Brown ground beef in a large skillet over medium heat; add sauce ingredients and mix well. Bring to a boil. Stir in all remaining ingredients. Reduce heat to low; cover and simmer for about 10 minutes or until rice is cooked and vegetables are tender.

### **Bean Bake**

1 1/2 lbs. chopped meat  
4 potatoes, cubed  
1 (16 oz.) can Campbell's Pork & Beans  
2 cans tomato soup

Lazy cook's dinner!!! Brown the meat in the skillet. Drain. Add remaining ingredients and cook for 25 minutes --- covered. Stir halfway through.

## **Bean Soup**

2 cans Trappey's jalapeno beans  
2 cans white navy beans  
2 cans Campbell's bean & bacon soup  
2 c. diced ham  
1/2 bell pepper, chopped  
1 lg. onion, chopped  
1 c. water

Combine all ingredients. Place in Electric Skillet and cook for 30 minutes on medium high heat. Open halfway and stir. GREAT on a cold day.

## **Beef 'n Noodle Skillet**

1 pound extra lean ground beef  
2 cups medium egg noodles – uncooked  
1 cup whole kernel corn, frozen  
1 cup green onions – sliced

### **\*\*\*Sauce\*\*\***

1 cup water  
1/2 cup salsa (thick and chunky)  
2 cans (8 oz.) no-salt added tomato sauce

Brown ground beef in large skillet; drain. Stir in all remaining ingredients. Bring to a boil. Reduce heat to low; cover and simmer 10 to 12 minutes or until noodles are of desired doneness, stirring occasionally.

## **Beef And Bean Skillet**

1 lb. ground beef  
1 pkg. sloppy joe mix  
1 lb. can baked beans  
1 lb. can tomatoes  
1/4 c. brown sugar

Brown the ground beef in skillet. Stir in contents of the sloppy joe mix, beans, tomatoes, and brown sugar. Cover; simmer 15 minutes, stirring occasionally. 4 to 6 servings. Quick and easy! Good served with cornbread.

## **Beef & Pepper Rice Skillet**

1 1/2 lb. round steak (cut in strips)  
2 tbsp. cooking oil  
1 c. sliced onion  
1 c. Uncle Ben's converted rice  
1 can beef broth  
3 tbsp. soy sauce  
2 green peppers, chopped  
2 oz. jar sliced pimento

Brown beef strips in oil in electric skillet. Stir in onion, rice, broth and 1 can of water. Add soy sauce. Bring to boil then reduce heat and cook on low, covered, until liquid is absorbed (25 minutes). Stir in peppers and pimento. Also good with mushrooms.

## **Beef & Pepper Rice Skillet #2**

1 lb. ground beef  
1 green pepper, coarsely chopped  
1 red pepper, coarsely chopped  
1 c. sliced onion  
1 c. rice (NOT instant)  
1 beef bouillon cube  
2 1/2 c. water  
1 tbsp. soy sauce or to taste

Brown beef in electric skillet. Drain. Stir in peppers, onions, rice, bouillon, water and soy sauce. Bring to boil. Reduce heat, cover, and cook over low heat until liquid is absorbed, about 25 minutes.

## **Beef And Macaroni Chili Skillet**

1 lb. ground beef  
1 c. uncooked elbow macaroni  
1/2 c. chopped onion  
2 1/2 tsp. Salt  
1 1/2 tsp. chili powder  
1 tsp. Sugar  
1/2 tsp. Pepper  
2 1/2 c. hot water  
1 (6 oz.) can tomato paste

Brown ground beef in electric skillet and drain. Add uncooked macaroni, onion, salt, chili powder, sugar and pepper. Stir in hot water, cover and cook 10 minutes. Combine tomato paste and 1/4 c. water; add to meat mixture and cook 10 minutes. Stir to make sure that it does not stick.

## **Beef And Okra Skillet**

2 lbs. ground beef  
15 oz. can tomato sauce  
12 oz. can whole kernel corn, undrained  
10 oz. pkg. frozen okra, thawed and cut into 3/4 inch pieces  
1 tbsp. brown sugar  
4 slices sharp American cheese

Brown meat in electric skillet; drain. Sprinkle with 1/4 tsp. salt and add tomato sauce, corn, okra and brown sugar. Bring to boiling, reduce heat. Cover and simmer 10 minutes. Arrange cheese slices on top. Cover; heat 3-4 minutes to melt cheese. Serves 8.

## **Beef and Peppers Sandwiches**

1 (2 1/2 to 3 lb) boneless beef chuck pot roast, cut into 1-inch cubes  
1 large onion, chopped  
1/4 cup Worcestershire sauce  
1 Tb instant beef bouillon granules

1 tsp dried oregano, crushed  
1/2 tsp dried basil, crushed  
1/2 tsp dried thyme, crushed  
2 cloves garlic, minced  
1/2 cup chopped pepperoncini (Italian pickled peppers) or other pickled peppers  
8 hoagie buns or Kaiser rolls, split and toasted  
6 ounces sliced Swiss cheese

In the Electric Skillet, combine meat, onion, Worcestershire sauce, bouillon granules, oregano, basil, thyme, and garlic. Cover and cook on medium for 30 minutes. Stir half way through the cooking to break up the meat cubes. Stir in chopped pepperoncini. Cook, uncovered, on high-heat setting for 15 minutes more, stirring often to break up meat.

Using a slotted spoon, place meat mixture on the bottom half of buns. Top each sandwich with cheese. Broil sandwiches 4 inches from heat about 1 minute or until cheese melts. Add top half of buns.

Makes 8 servings.

### **Beef & Potato Skillet**

1 lb. ground beef  
1 med. onion, chopped  
1 (11 oz.) can cheddar cheese soup  
1/3 c. water  
1 (16 oz.) can whole potatoes, drained & sliced  
Or 2 to 2 1/2 cups boiled or baked potatoes, sliced or cubed.

In electric skillet, brown beef and cook until tender. Stir to separate meat, pour off fat. Stir in soup, water; add potatoes. Cook on medium heat -- stirring often. Makes about 4 cups.

### **Beef And Potato Skillet Dinner**

1 lb. ground beef  
1 c. diced bell pepper  
3 to 4 med. potatoes, quartered  
1 egg  
1 med. onion, chopped  
Salt and pepper to taste  
1/2 c. flour

Mix ground beef, onion, bell peppers and egg together. Add salt and pepper to taste. Form into 2 inch balls. Roll in flour. Brown in electric skillet. Remove hamburger balls from skillet and drain. Using same skillet, sprinkle flour into skillet, stirring until brown. Add 2 cups water. Add potatoes and meat to gravy. Cover and simmer until potatoes are tender. Add additional water if gravy is too thick.

### **Beef And Rice Skillet Fiesta**

1 lb. ground beef  
1 tbsp. salad oil  
1/2 c. onion  
2 tsp. Salt  
1 tsp. chili powder  
1/4 tsp. Pepper  
1 can tomatoes (16 oz.)  
1 can whole kernel corn (12 oz.)

1 1/2 c. bouillon  
1/2 c. green peppers cut in thin strips  
1 1/2 c. Minute Rice

Brown meat quickly with oil in skillet, leaving meat in coarse chunks. Add onion; cook over medium heat until onion is tender. Add seasonings, tomatoes, corn and bouillon; bring to a boil. Stir in rice; cover and simmer 5 minutes. Fluff with fork. Makes 4 servings.

### **Beef And Rice Stroganoff Skillet**

1 lb. ground beef  
1 c. Uncle Ben's converted rice  
2 1/4 c. water  
1 tsp. Salt  
1 tsp. garlic salt or 1/4 tsp. garlic powder  
1 c. sliced onion  
1 can (10 1/4 oz.) condensed cream of mushroom soup  
1/3 c. catsup

Brown beef in electric skillet; drain. Stir in rice, water, salt, garlic salt (or powder), onion, soup and catsup. Bring to boil. Reduce heat, cover and cook over low heat about 25 minutes or until rice is tender and mixture is desired consistency. Stir occasionally.

Makes 4 to 6 servings.

Nice to add: Fold in 1 cup sour cream, at end of cooking. Fold in 1 can drained mushroom stems and pieces with rice.

### **Beef and Sausage Hash**

2 cups shredded cooked beef, chopped (chuck preferred)  
8 oz. fresh chorizo sausage, casing removed  
1/4 cup of water  
1 Tbs. Oil  
3/4 cup each finely chopped green bell pepper and onion  
3 cups frozen potatoes O'Brien, defrosted  
1/2 tsp. Salt  
1/3 cup beef broth (I used low sodium)  
3 Tbs. chopped fresh cilantro

In the Electric Skillet, add water and sausage. Brown the sausage over medium heat. Stir to break up crumbles. Remove sausage to paper towels to drain. Wipe out Electric Skillet. Add oil and sauté the green pepper and onion until tender. Stir in defrosted potatoes and season with salt. Add shredded beef, drained sausage, cooking juices or broth and cilantro to vegetables. Mix well and firmly press down top of mixture. Cover, cook on medium heat for 20 minutes. Remove cover, stir, pressing down again, and cover. Continue to cook on medium for 10 minutes. Yield: 6 servings

### **Beef And Vegetable Skillet**

1 lb. ground beef  
1 pkg. Hamburger Helper (Cheeseburger Mac)  
2 3/4 c. hot water  
1 (10 oz.) pkg. frozen vegetables  
1 (3 oz.) pkg. cream cheese, cut into cubes

Cook ground beef in electric skillet, stirring frequently, until brown; drain. Stir in Mac., sauce mix, water and frozen vegetables. Heat to boiling, stirring constantly; reduce heat. Stir in cream

cheese. Cover and simmer about 15 minutes, stirring occasionally, until Mac is tender. Uncover and cook until desired consistency.

### **Beef and Vegetable Skillet Dinner**

2 tablespoons vegetable oil  
1 pound boneless sirloin steak, cut in thin strips  
1/2 cup frozen sliced carrots  
1 envelope onion or beefy mushroom soup mix  
1 cup water  
2 tablespoons soy sauce  
2 tablespoons ketchup  
1/2 teaspoon garlic powder  
1/4 teaspoon ground ginger  
8 ounces bamboo shoots, drained  
6 ounces frozen snow peas, thawed  
Hot boiled rice

In a electric skillet over medium-high heat, heat oil and brown beef in two or more batches; remove and set aside. Add carrots to the skillet, then beefy mushroom recipe soup mix blended with water, soy sauce, ketchup, garlic powder and ginger. Bring to a boil, then simmer, stirring occasionally, about 5 minutes or until carrots are crisp-tender. Add beef, bamboo shoots and snow peas; simmer 3 minutes or until heated through. To serve, arrange beef mixture over hot rice. Serves 4.

### **Beef, Bean & Noodle Skillet**

1/2 lb. ground beef  
1 med. onion, chopped  
1/2 med. green pepper, chopped  
1 c. diced celery  
1 tsp. Salt  
1/4 tsp. black pepper  
1 tbsp. Worcestershire sauce  
1/2 tsp. dried basil leaves, crumbled  
2 c. uncooked med. Noodles  
1 can (8 1/4 oz.) stewed tomatoes  
1 can (16 oz.) red kidney beans, undrained  
1/2 to 3/4 c. water  
1 beef bouillon cube

In the electric skillet, sauté beef for about 5 minutes, stirring until meat loses its red color. Add onion, green pepper and celery. Sauté 5 minutes longer. Sprinkle with salt, black pepper, Worcestershire sauce and basil.

Stir in noodles, tomatoes, kidney beans and water. Add bouillon cube. Bring to boil. Reduce heat. Cover and simmer, stirring occasionally, for about 20 minutes or until liquid is absorbed.

### **Beef Eggplant Skillet Meal**

1 lb. ground beef  
1/4 c. chopped onion  
1 tbsp. all-purpose flour  
1 (8 oz.) can seasoned tomato sauce  
3/4 c. water  
1/4 c. chopped green pepper  
1 tsp. Oregano  
1/2 tsp. Salt  
1 sm. eggplant cut in 1/2 inch slices, peeled or unpeeled



1 c. sharp cheese, shredded

Preheat electric skillet to about 375 degrees and brown beef and onion in small amount of fat. Spoon off excess fat. Sprinkle flour over the meat; stir well. Add next six ingredients; mix well. Season eggplant with salt and pepper; arrange slices over the meat mixture. Cover; simmer at 230 degrees until eggplant is tender, 10-15 minutes. Top with shredded cheese. Pass grated Parmesan with plates.

### **Beef Enchiladas**

Medium Onion (recipe did not call for it-but I do include)  
1 Lb. Ground Beef  
2-10oz cans Enchilada Sauce  
6 oz Shredded Cheese  
Flour Tortillas (I use white corn)

Brown the hamburger and onion in the electric skillet --- at 350 degrees. Remove hamburger, drain and wipe out the skillet. Return meat and onions to skillet. Add 1 can Enchilada Sauce. Cover. Cook at 250 degrees 10 minutes. Sprinkle the shredded cheese on the meat mixture. Cook for five more minutes. Serve on the tortillas.

### **Beef Macaroni Chili**

Makes 6 Servings

12 oz. ground beef (85 % lean )  
 $\frac{3}{4}$  cup chopped onions  
1 garlic clove, minced  
1 can (15  $\frac{1}{2}$  oz.) red kidney beans, rinsed and drained  
1 can (8 oz.) tomato sauce  
1 can (8 oz.) stewed tomatoes, chopped  
 $\frac{3}{4}$  cup Macaroni  
 $\frac{1}{4}$  cup water  
2 tsp. chili powder  
1 tsp. ground cumin  
 $\frac{1}{3}$  cup finely shredded, reduced-fat sharp cheddar cheese

In an electric skillet brown the ground beef, onion, and garlic at 350 degrees until the beef is browned, stirring occasionally. Drain and discard the fat and liquid. Stir in the beans, tomato sauce, tomatoes (with juice), Macaroni, water, chili powder, and cumin. Bring to a boil, then reduce the heat to 250 degrees. Cover and simmer for 10 minutes. Stir well, then cover and simmer for 10 minutes longer, or until the Macaroni is tender but firm. Sprinkle with the cheese. Cover and heat over low heat just until the cheese is melted.

### **Beef Macaroni Skillet #2**

1 lb. ground beef  
1 med. chopped onion  
3 c. tomato juice or paste or sauce and water  
1 tbsp. vinegar  
1 tbsp. Worcestershire sauce  
1 tsp. salt  
 $\frac{1}{8}$  tsp. pepper  
1 tsp. dry mustard  
1 c. uncooked elbow macaroni

Brown beef and onion in skillet. Add the rest of the ingredients and cook covered about 20 minutes or until macaroni is done. Stir occasionally.

### **Beef 'n Noodle Skillet**

1 pound lean ground beef  
2 cups medium egg noodles -- uncooked  
1 cup whole kernel corn, frozen  
1 cup green onions -- sliced  
Sauce  
1 cup water  
1/2 cup salsa (thick and chunky)  
2 cans no salt tomato sauce (8 ounces each)

Brown ground beef in electric; drain. Stir in all remaining ingredients. Bring to a boil. Reduce heat to low (225 degrees) cover and simmer 10 to 12 minutes or until noodles are of desired doneness, stirring occasionally. Serves 6.

### **Beef-Pasta Skillet**

1 lb. round steak, 1/2 inch thick  
Flour  
2 tbsp. Butter  
1 (1 lb.) can tomatoes  
1 1/4 tsp. Salt  
1/4 tsp. Pepper  
1/4 tsp. Thyme  
1 lg. onion, quartered  
3 sprigs parsley  
2 c. shell macaroni, cooked

Cover steak with flour and pound well with back of heavy knife; turn and repeat, then cut in 8 pieces. Brown in hot butter in electric skillet at 375 degrees. Combine remaining ingredients, except macaroni, in blender. Whirl until blended and pour over meat. Cover and simmer at 275 degrees for 1 hour, stirring often. Add macaroni and heat. Serves 4.

### **Beef Porcupine Skillet**

4 c. tomato juice  
1 tbsp. Worcestershire sauce  
1 tbsp. Sugar  
1 lb. lean ground meat  
1/2 c. uncooked rice  
2 tsp. Salt  
1/4 tsp. Pepper  
1 tbsp. grated onions  
Pinch of garlic powder

Mix tomato juice, Worcestershire sauce, and sugar in electric skillet at 375 degrees. Combine meat with remaining ingredients. Form into 18 small meatballs. Place balls in sauce; cover. Simmer 1 hour or until rice is tender – cooking at 300 degrees. Occasionally turn meatballs. If desired, thicken sauce before serving. Makes 6 servings. 3 meat balls each.

### **Beef Sauerkraut Skillet Dinner**

1 lb. ground beef  
1 c. chopped onion  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1 c. uncooked rice  
1 (1 lb.) can sauerkraut

1/4 c. water  
2 (8 oz.) cans tomato sauce

Cook ground beef and onions in skillet at 350 degrees until beef is browned. Stir in remaining ingredients. Cover and simmer at 250 for about 35 minutes or until rice is tender. Makes 6 servings.

### **Beef Tamale Skillet**

2 (15 oz.) cans chili (without beans)  
1 (16 oz.) can whole kernel corn  
1 (6 oz.) can pitted ripe olives  
2 (15 oz.) cans tamales  
1/2 med. head lettuce  
1 lg. Avocado  
2 c. sm. corn chips  
1 (4 oz.) pkg. shredded cheddar cheese

Drain corn and olives. In electric skillet over medium heat, combine chili, corn and olives. Remove outer wrappings from tamales, cut each tamale in half on angle; arrange around side of skillet. Cover skillet, over medium low heat, cook until mixture is heated through, about 20 minutes.

Meanwhile, finely shred lettuce. Cut avocados lengthwise in half, remove seed and skin, dice avocado. Place lettuce, avocado and chips in individual dishes. Sprinkle cheese over tamale beef mixture. Heat until hot, serve with accompaniments.

### **Beef-Tomato Skillet**

4 beef cube steaks, cut in strips  
1 med. onion, sliced and separated into rings  
2 tbsp. Butter  
1 c. water  
1 envelope beef-flavored mushroom soup mix  
1 med. tomato, chopped  
1/4 c. dry red wine  
Hot cooked noodles

In electric skillet, quickly cook steak strips and onion in butter until tender. Add water and dry mushroom soup mix; simmer over low heat for 10 minutes. Stir in tomato and wine; heat thoroughly. Serve over hot cooked noodles. Makes 4 servings.

### **Beef With Mushroom Gravy**

3 pounds beef stew meat – cubed  
10 3/4 ounce cream of mushroom soup  
1 package onion soup mix

VERY EASY!!!!!! I just placed all of the ingredients into the Electric Skillet. Cover, turn heat to 350 degrees and cook for 30 minutes. Check halfway to stir.

Serve over noodles or rice.

### **Beefy Macaroni Skillet Dinner**

1 1/2 lb. ground beef  
1 med. onion, diced  
1 (28 oz.) can tomatoes  
1 c. water  
1 (8 oz.) pkg. elbow macaroni  
1/2 lb. (2 c.) Cheddar cheese, shredded  
1 (2 oz.) jar pimento-stuffed olives, drained and sliced  
1 tsp. Salt  
1/4 tsp. Pepper

About 45 minutes before serving: In the electric skillet brown beef and onion at 350 degrees. Drain. Stir in tomatoes with their liquid and remaining ingredients. Over high heat, heat to boiling. Reduce heat to low (220 degree); cover and simmer 25 minutes or until macaroni is tender, stirring occasionally.

### **Big - Wheel Burger Skillet**

1 tbsp. instant minced onions  
1 1/2 lbs. ground beef  
1/2 c. quick cooking rolled oats  
1/4 tsp. coarsely ground pepper  
1 (8 oz.) can spaghetti sauce with mushrooms  
1/2 c. milk  
1 egg, slightly beaten  
2 tsp. Salt  
Kitchen Bouquet  
1 (8 oz.) can kidney beans  
Buttered, toasted French bread slices

Soak onions in milk for 5 minutes; mix in ground beef, egg, rolled oats, salt, and pepper. Mound in the electric skillet. With wooden spoon handle, score in 5 or 6 wedges. Brush the top lightly with Kitchen Bouquet. Combine spaghetti sauce and kidney beans (include liquid from beans). Pour over meat mixture. Simmer, uncovered, on medium high heat for 20 to 25 minutes or until done. Serve wedges on French bread slices; spoon sauce over. Serves 5 to 6.

### **Bistro Onion Burgers**

1 pouch Campbell's® Dry Onion Soup and Recipe Mix  
3 tbsp. water  
1 1/2 lb. ground beef  
6 hamburger rolls, split and toasted  
Lettuce leaves  
Tomato slices

Mix soup mix and water. Add beef and mix thoroughly. Shape firmly into 6 patties, 1/2 inch thick. Place burger patties in the Electric Skillet. Cook/fry in the electric skillet until desired doneness.

Place patties on 6 roll halves. Top with lettuce, tomato and remaining roll halves. Makes 6 sandwiches.

### **Blackeye Pea, Pork Skillet Dish**

1 sm. onion, sliced lengthwise  
1 clove garlic, minced  
2 tbsp. Oil  
1 lb. pork, cut into 3-inch pieces  
1 tsp. Paprika  
2 (15 oz.) cans blackeye peas, drained and rinsed (about 3  
1/2 c.)  
1 c. water  
1 (14 to 16 oz.) can tomatoes  
1/2 c. chopped green pepper  
2 tbsp. packed brown sugar  
2 tsp. chili powder

Sauté onion and garlic in oil in electric skillet; add pork and brown; sprinkle with paprika; add beans and water. Cover and simmer at 275 degrees for 1 hour or until beans and ribs are tender. Add tomatoes, green pepper, brown sugar, and chili powder. Cover and cook gently for 20 to 30 minutes. Makes 4 main dish servings.

### **Breakfast Skillet**

1/4 c. butter  
3 c. loose-pack frozen hash-brown potatoes  
1/4 c. chopped onion  
1/4 c. chopped green pepper  
4 slightly beaten eggs  
1 pkg. brown and serve sausages  
1/2 c. shredded sharp Cheddar cheese

In electric skillet, melt butter at 350 degrees. Add potatoes, onion and green pepper. Season to taste, stir to combine. Cover and cook over low heat (250 degrees) for 15 minutes stirring occasionally.

Brown sausage in second small skillet or microwave and set aside. Pour eggs evenly over top of cooked potatoes. Arrange sausages in "spokes" on top. Cover; cook over low heat 10 minutes until eggs set. Top with cheese; cover until cheese melts. Cut in wedges. Serves 5-6.

### **Breakfast Skillet Meal**

2 tbsp. Butter  
1/2 c. chopped onion  
1/2 c. chopped green pepper  
8 eggs  
1/4 c. milk  
1 tsp. seasoned salt  
1/2 tsp. crushed basil  
1/4 tsp. seasoned pepper  
1 (3 oz.) pkg. cream cheese, cubed  
1 medium tomato, chopped  
2-5 slices bacon, cooked and crumbled

In electric skillet at 350 degrees, cook onion and green pepper in butter until tender. Reduce heat to 275 degrees. Mix eggs, milk, and seasonings and pour over onions and green pepper. Add cheese and tomato. Gently push pancake turner completely across bottom and sides of skillet, forming large soft curds (scramble). Cook until eggs are thickened throughout, but still moist. Sprinkle with bacon. Serves 4.

### **Broccoli Rice Casserole**

1 tbsp. vegetable oil  
1/2 c. chopped celery  
1/4 c. chopped onion  
1 can (10 3/4 oz.) Campbell's Cream of Broccoli Soup  
1/4 c. milk  
1 c. diced pasteurized process cheese spread  
1 pkg. (10 oz.) frozen chopped broccoli, thawed and drained  
2 c. cooked rice

In the Electric Skillet, add the oil and cook celery and onion until tender-crisp. Combine soup and milk; stir in celery-onion mixture, cheese, broccoli and rice. Pour into the Electric Skillet (I spray the skillet with Pam). Cover, cook on medium heat for 20 minutes. GREAT with pork chops!!

### **Broccoli Rice Casserole II**

1 cup chopped onion  
4 Tablespoons margarine  
1 bag frozen, chopped broccoli (cooked and drained)  
1 cup minute rice (cooked)  
1 can cream of celery soup  
1/4 cup water  
1/2 cup Cheese Whiz  
1/2 cup milk

Sauté the onion in the margarine, until onions are clear. In a bowl, add all ingredients. Transfer to the Electric Skillet. Cover, cook on medium heat for 20-25 minutes.

### **Brothy Shrimp & Rice Scampi**

2 cans (14 oz. **each**) Swanson® Chicken Broth (3 1/2 cups)  
3/4 cup uncooked regular long-grain white rice  
1 tbsp. olive oil  
1 lb. fresh **or** frozen large shrimp, shelled and deveined  
4 cloves garlic, minced  
2 tbsp. lemon juice  
2 green onions, thinly sliced

Place the oil, shrimp and garlic in the electric skillet. Cover and cook for five minutes, medium heat. Remove the cover and stir until shrimp is done. Remove shrimp and garlic and place in glass dish.

Heat the broth in the Electric Skillet --- Bring to a boil. Add rice, cover, and reduce heat to medium. Cook for 10-12 minutes.

Place shrimp in bowls. Stir lemon juice into broth mixture and pour over shrimp. Top with onions. Serves 4.

### **Brown Rice and Green Chilies**

1 cup brown rice  
3 cups water or chicken stock  
1 Tbs. onion flakes  
1/4 lb. canned roasted green chilies, drained and diced

3/4 cup shredded cheddar cheese  
1 tomato, peeled, seeded and chopped  
1 Tbs. fresh cilantro

Spray the Electric Skillet with nonstick cooking spray. Add first 3 ingredients and salt to taste. Cover and cook about 12 minutes on medium heat. Stir in remaining ingredients, except cilantro. Cover and allow to stand 10 minutes more. Serve sprinkled with cilantro. This recipe serves 4 people.

### **Brunch In A Skillet**

6 slices bacon  
2 c. frozen hash browns  
1/4 c. chopped onion  
1/4 c. chopped green pepper  
1 c. shredded sharp cheese  
4 lg. eggs, slightly beaten  
1/4 c. milk  
1/2 tsp. salt  
1/4 tsp. pepper  
1/2 tsp. parsley  
1/2 tsp. chili powder

Cooked chorizo or diced ham may be used in place of bacon and a small can of chopped green chili may be used in place of green pepper. In electric skillet, cook bacon until crisp. Remove from skillet. Pour off drippings returning 6 tablespoons to skillet. Mix potatoes, onion and peppers and place in heated skillet, spreading out over entire pan. Cook over medium until underside is crisp and brown. Do not turn.

Add to slightly beaten eggs, milk and seasonings, beat until frothy. Pour over potato mixture. Crumble bacon over top of the whole thing and then top with shredded cheese. Cover, cook over low heat until eggs are done. Gently loosen from sides and bottom of skillet, serve at once. 4 generous servings.

### **Budget Skillet Cabbage**

3 tbsp. Butter  
1/2 lb. lean ground beef  
1/2 c. chopped onion  
4 c. shredded cabbage  
3 tbsp. Flour  
1 tsp. salt substitute  
1/4 tsp. Paprika  
1/2 tsp. celery seed  
3/4 c. low fat milk  
Salt to taste

Melt butter in electric skillet. Add ground beef and onions. Cook stirring frequently until meat loses its pink color and begins to brown. Add cabbage and continue to cook over moderate heat (275 degrees) stirring frequently until cabbage is wilted and starts to brown. Sprinkle flour and seasonings over cabbage, stir until flour disappears. Add milk, reduce heat, cover skillet. Simmer 25 minutes or until cabbage is tender. Taste, add salt if needed.

### **Buttery Cinnamon Skillet Apples**

1/3 c. Land O Lakes butter  
1/2-3/4 c. sugar  
2 tbsp. Cornstarch  
1 1/2 c. water  
1/4-1/2 tsp. Cinnamon  
4 med. cooking apples, cored, peeled & cut in half

In an electric skillet, melt butter over medium heat. Stir in sugar and cornstarch; mix well. Add remaining ingredients. Cover, cook over medium heat until apples are tender and sauce is thickened.

### **Budget Steak**

Servings: 6

3 pound round steak, cut 2 inches thick  
Tenderizing salt  
1 cup water  
1/4 cup soy Sauce  
1/4 cup firmly packed brown sugar  
1/4 cup lemon juice  
1 tablespoon Worcestershire sauce  
1 tablespoon minced parsley  
1/4 teaspoon hot pepper sauce

Sprinkle meat generously with tenderizing salt. Combine remaining ingredients in a shallow bowl. Add meat and marinate in refrigerator overnight. When ready to cook, place the steak in the Electric Skillet. Cover, cook on medium heat for 15 minutes, turning and cook for 10 more minutes. Open the top, and baste with marinade during cooking. Cook until desired doneness --- basting often.

### **Burritos Grande**

1 pound lean ground beef  
1 1/3 cups water  
1 packet (1.5-oz.) ORTEGA Taco Seasoning Mix  
1 can (16-oz.) ORTEGA Refried Beans, warmed  
6 (10-in.) burrito-size flour tortillas, warmed  
3/4 cup ORTEGA Salsa - Thick & Chunky (Medium)  
3/4 cup shredded Monterey Jack or cheddar cheese, (3-oz.)

Cook beef in the Electric Skillet at 350 degrees. Cook until hamburger is done. Stir in the 1 1/3 cups of water and seasoning mix; cover, and bring to a boil. Reduce heat to low(250 degrees); continue cooking, stirring occasionally, until mixture is thickened. Spread beans evenly over tortillas. Top with beef mixture, salsa and cheese; fold into burritos. Top with additional salsa, if desired.  
Makes 6 servings.

### **Busy Day Chicken And Rice**

1 Cup uncooked rice  
1 Chicken cut up  
1/4 lb. Butter, (1 stick)  
1 Pkg. Dry onion soup mix  
4 Cups boiling water  
Salt and Pepper to taste.



Brown the chicken in butter in the electric skillet. Meanwhile, cook the rice. Transfer the cooked rice and dry onion soup mix all over the rice and chicken. Salt and pepper to taste. Cover and cook for 30-40 minutes on medium heat. Check halfway through to make sure that there is enough water and that the rice has not dried up or is not sticking to the skillet.

### **Buttermilk Fried Chicken**

4 (2 lbs.) large chicken thighs  
3/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup flour  
2 tablespoons vegetable oil, divided  
1 1/4 cups buttermilk  
4 bunches green onions, cut into 3"

Combine chicken, salt, pepper, and the flour on large plate; toss lightly to coat. Heat 1 tablespoon oil in electric skillet over high heat. Add chicken and cook until golden on all sides, at 350 degrees, for 5 to 8 minutes.

Remove chicken, discarding excess oil. Return skillet to heat and add buttermilk, scraping pan with wooden spoon to loosen any brown bits. Add chicken, skin side up. Reduce heat to 275 degrees, cover, and simmer until chicken is tender and juices run clear, 15 to 20 minutes.

Meanwhile, heat remaining oil in another skillet over high heat. Add green onions and toss to coat. Cook until golden, 2 to 3 minutes. Season to taste.

Transfer chicken and green onions to warm serving platter. Pour remaining juices into blender and pulse until smooth. Serve with chicken.

### **Buttermilk Fried Chicken**

1 chicken  
1 cup buttermilk  
2 cups flour  
Salt and pepper  
Paprika  
Crushed rosemary  
Thyme  
3/4-cup margarine

Cut up chicken. Dip each piece in buttermilk, then dip each piece into flour, seasoned to taste with salt, pepper, paprika, crushed rosemary, and thyme. Place the chicken in the Electric Skillet. Cover, cook on medium high heat for 30 minutes. Turn and cook 5-7 more minutes.

### **Cabbage Ground Beef Skillet**

1 pound ground beef  
1/2 cup chopped onion  
1/2 cup cabbage, chopped, 1/2 head  
1 cup long-grained raw rice  
15 ounce can tomato sauce  
6 ounce can tomato paste  
2 cups water  
1 1/2 teaspoons salt  
1/2 teaspoon thyme  
1 bay leaf

Brown ground beef in electric skillet. Stir to break up. Add onion, green pepper, cabbage and rice. Stir in tomato sauce, tomato paste or puree, water and seasonings. Heat to boiling; reduce heat

to a simmer. Cover and simmer for 25 minutes until rice is tender, stirring occasionally and adding more water if necessary. Serves 4.

### **Cabbage Ground Meat Skillet Dish**

Use an electric skillet with a lid and layer the following:

- 4 c. shredded cabbage
- 1 med. onion, sliced
- 2 med. potatoes, sliced
- 1 tbsp. caraway seeds
- 1 lb. ground meat, salted & peppered
- 2 (8 oz.) cans tomato sauce

Cook on simmer for 30 to 45 minutes at 275 degrees.

### **Cabbage Skillet**

- 1 head cabbage (1 1/2 lbs.)
- 3 tbsp. olive oil
- 4 ribs celery, sliced
- 1 lg. green or red pepper, cut in 1/2 inch sqs.
- 1 lg. ripe tomato, sliced
- 1 sm. onion, sliced
- 1 tsp. fennel seeds
- 1/4 tsp. black pepper
- 1 tsp. Salt

Wash cabbage; cut in quarters. Remove core. Cut crosswise in slices about 1/2 inch wide. Place all ingredients in the electric skillet. Cover and steam about 3 minutes over medium heat (about 300 degrees). Remove cover and stir well. Cover. Cook 5 to 10 minutes longer or until vegetables are crisp tender, stirring once or twice.

### **Cabbage - Tomato Skillet**

- 4 slices bacon
- 4 c. chopped cabbage
- 2 med. onions, chopped
- 2 med. tomatoes, chopped
- 1 green pepper, chopped
- 1 tsp. Salt

Cook bacon in electric skillet until crisp; remove bacon, reserving drippings in skillet. Crumble bacon and set aside. Add remaining ingredients to drippings in skillet; cook over medium heat, uncovered, for 15 minutes, stirring occasionally. Stir in bacon. Yield: 6 servings.

### **Cajun Skillet Beans**

- 1 med. Onion, chopped
- 3 Garlic cloves, minced
- 3 Celery stalks, chopped
- 2 Bell peppers, chopped
- 1 tsp. Fresh thyme
- 1/4 tsp. Black pepper

Pinch of Cayenne and salt  
1 tsp. Chopped fresh oregano  
1 Tbsp. Chopped fresh basil  
2 cups Peeled, chopped tomatoes  
1 Tbsp. Honey or molasses  
1Tbsp. Dijon mustard  
4 cups Cooked black-eyed peas [about 32 oz. canned, must Be drained well]

[To make things easier, I always use dried, canned spices and buy a can of peeled tomatoes.]

Sauté onions and garlic until soft, then do the same with the celery and bell peppers. Add the spices and cook until the onions are golden. Add all other ingredients except the peas and simmer for 5 minutes, covered .... Simmering at 225 degrees. Add the peas and cook until the peas are heated.

### **Cajun Squash**

1 medium onion, sliced  
1 clove garlic, minced  
1 tablespoon olive oil  
1 medium zucchini, sliced  
2 medium - size yellow squash, sliced  
2 tomatoes, peeled and quartered  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon dried whole oregano  
1/8 teaspoon dried whole thyme  
1/4 teaspoon hot sauce

Sauté onion and garlic in olive oil in electric skillet until crisp - tender. Add zucchini and yellow squash; cook vegetable mixture over medium - high heat, stirring constantly, 5 minutes. Add tomatoes and remaining ingredients; cook, stirring constantly, 2 minutes. Serve immediately.  
Serves 6

### **Calico Skillet**

2 tbsp. salad oil  
1 lb. Polish sausage  
1 onion, quartered  
1 head cabbage, quartered  
4 tomatoes, quartered  
1 clove garlic, minced  
1 bell pepper, sliced  
1 tsp. Salt  
1/2 tsp. Pepper

Heat oil in electric skillet. Add sausage and brown lightly. Remove and add rest of ingredients. Replace sausage on top. Cover and simmer for 45 minutes at 260 degrees

### **Calico Skillet #2**

3/4 c. zucchini, diced  
3 tbsp. onion, chopped  
1/4 tsp. basil leaves, crushed  
1 tbsp. Butter  
1/2 can condensed Cheddar cheese soup  
1 1/2 c. uncooked macaroni

1/2 c. Cheddar cheese, shredded  
1/2 c. tomatoes, chopped or canned  
1/8 tsp. dry mustard

Cook macaroni, drain. Rinse. In skillet, cook zucchini and onion with basil in butter until tender. Turn heat to 226 degrees. Add remaining ingredients. Heat until cheese melts. Stir occasionally.

### **California Beef Rice Skillet**

1 lb. ground beef  
1 lg. onion, chopped  
2 1/2 c. water  
1 c. Uncle Bens converted rice  
3 beef bouillon cubes, crushed  
1/2 tsp. dry mustard  
1 med. green pepper, chopped  
1 c. shredded Monterey Jack cheese or your favorite cheese  
1 med. green tomato, chopped

Brown beef with onion in electric skillet. Drain off fat. Stir in water, rice, crushed bouillon cubes and dry mustard. Bring to a boil (at 375 degrees). Reduce heat to 250 degrees, cover and simmer until liquid is absorbed, about 25 minutes. Stir in green pepper and tomato. Sprinkle cheese over top. Cover and turn off the heat. Let stand 2-3 minutes to melt cheese. Makes 4-6 servings.

### **California Vegetable Cheese Dish**

2 bags frozen California vegetable mix  
1 can cream of broccoli soup  
1 small jar Cheez Whiz  
1/2 cup of water

Place the veggies and the water in the Electric Skillet. Open soup and pour into small bowl. Take lid off of Cheese Whiz and put jar in microwave for a few seconds just to warm it a little to make it easier to get out of the jar. Mix cheese with soup and stir to blend. Pour over veggies (can mix a little) and cover. Cook on Medium Heat, for 20 minutes or until veggies are tender.

### **Camp Skillet**

2 lb. potatoes (cubed), about 4 cups  
1 lb. Wieners  
2 onions, diced  
2 green bell peppers, diced  
6 eggs  
1 cup shredded Cheddar cheese

In an electric skillet, heat 1/2 cup vegetable oil. Fry potatoes until about 2/3 done. Then, add wieners, onions and peppers. Continue frying until done. Scrape middle of pan of ingredients away from grease.

In a separate bowl, scramble 6 eggs and pour into the middle of the skillet. Stir eggs into other ingredients and cook until eggs are soft cooked. Sprinkle on cheese and cook until cheese is melted. Serve as a one dish meal; taste extra good out of doors.

### **Campers Meatball Skillet**

1 egg  
1/2 tsp. Salt  
1/2 c. canned fried onion rings, broke  
1 to 2 tsp. Oil  
1 (7 or 8 oz.) envelope brown gravy  
4 tbsp. Ketchup  
1 lb. ground beef  
1 1/4 c. water

Lightly beat together egg, 3 tablespoons of the ketchup, and salt in large bowl. Add beef and onion rings; mix lightly. Shape into meatballs. Brown in oil in large skillet. Add water and contents of gravy mix and remaining 1 tablespoon ketchup over; simmer 15 to 20 minutes. Serve on toast.

### **Campers Meatloaf And Potato Skillet**

1 pkg. instant potatoes au gratin  
1 can (1 lb.) peas and carrots  
2/3 c. undiluted evaporated milk  
1 lb. ground beef  
1 egg  
1/4 c. water  
1/4 c. dry bread crumbs  
1 tsp. Salt

Combine potato slices and seasoning mix from package in electric skillet. Drain vegetables putting liquid in measuring cup, adding water to make two cups. Add to skillet with drained vegetables and evaporated milk. Stir together. Mix together beef, egg, water, breadcrumbs and salt. Spoon around edge of skillet. Cover tightly and simmer 30 to 40 minutes at 275 degrees until potatoes are tender and meat is cooked.

### **Campers' One-Skillet Breakfast**

1/2 lb. Bacon  
1/2 pkg. frozen Potatoes O'Brien  
8-12 eggs  
4 slices American cheese

Cut bacon into small pieces and fry in electric skillet until crisp. Leave grease in skillet and add Potatoes O'Brien. Cook on medium heat until potatoes are done, stirring occasionally. Scramble in eggs, one at a time. When eggs are fully cooked, turn the heat off and top with cheese slices. Cover until cheese is slightly melted.

### **Campbell's Campers Stew**

1 lb. hamburger  
1 lg. can Campbell's vegetable soup

1 onion, chopped  
2 carrots, thinly sliced  
2 stalks celery, thinly sliced  
Steamed rice

Add the onion and hamburger to the Electric Skillet. Cook at 350 until hamburger is browned. Drain the grease (but I did not wipe out --- so it kept the flavor). Add carrots and celery. Then add vegetable soup. Stir well. Cover, turn heat to medium (250 degrees) and cook for 15-20 minutes. Serve over steamed rice.

### **Campbell's Chicken Broccoli Divan**

1 lb. fresh broccoli or 1 (10 oz.) pkg. frozen broccoli  
1 1/2 c. chicken or turkey, cubed & cooked  
1/3 cup of water  
1 can Campbell's cream of broccoli soup  
1/2 c. milk 1/2 c. Cheddar cheese, shredded  
1 tbsp. butter  
2 tbsp. dry bread crumbs

Place the water, broccoli and chicken in the Electric Skillet (in that order). Combine soup and milk and pour over meat. Sprinkle with cheese. Combine butter and breadcrumbs and sprinkle over cheese. Cover the skillet and cook on medium for 15-20 minutes or until cooked through. 4 servings.

### **Campbell's Chicken and Rice Casserole**

1 lb. skinless boneless chicken breasts  
2 c. rice  
2 cans cream of celery soup  
2 cans Campbell's French Onion Soup  
1/3 cup of water

Boil or microwave chicken and cut into bite size pieces. (I use leftover chicken). Mix the soups and water thoroughly in a bowl. Stir in the chicken and the rice (I use cooked rice). Place into the Electric Skillet. Cover, cook on medium high heat for 30 minutes.

### **Campbell's Onion Soup Pork Chops**

4 pork chops  
2 (1 ounce) packages dry onion soup mix  
2 (6 ounce) packages uncooked wild rice  
6 cups water

In the Electric Skillet, brown pork chops on medium high. In a medium bowl combine the soup mix and rice. Mix together and spread in the bottom of the Electric Skillet (hint ---- when I remove the pork chops, I don't wipe out the bottom because I like the flavoring). Lay browned chops on top of rice. Pour water over all, gently. Cover and cook on medium for 30-40 minutes ---- cooking at 300 degrees. Check to make sure you don't need to add more water. Check pork chops for pinkness before serving.

### **Campbell's Oriental Chicken Skillet**

1 tbsp. vegetable oil  
4 boneless chicken breast-halves  
1 can Campbell's Cream of Chicken -or 98%; (10 3/4 oz) Free Cream of Chicken Soup

1/3 c water  
1 tbsp. soy sauce  
1/4 tsp. ground ginger  
1 package frozen cut green beans; (about 10 oz)  
2 green onions; cut into 1" pieces  
4 cups cooked rice

Heat oil in skillet. Add chicken and cook until browned. Add soup, water, soy, ginger, beans and onions. Heat to a boil – at 375 degrees. Cover and cook over low heat (about 225 degrees) for 5 min. or until done. Serve with rice. Serves 4.

### **Caribbean "Dump" Chicken**

1 1/2 Pounds Chicken Pieces -- (4 to 6)  
8 oz Pineapple Chunks in Juice  
1/4 cup brown sugar  
1/2 teaspoon nutmeg  
1/3 cup orange juice  
1/2 cup Golden Raisins

For immediate cooking: Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the SKILLET and turn to coat. Cover and cook on medium for 35-40 minutes. If cooking nothing but chicken breasts, cook 25-35 minutes, or until chicken juices run clear.

Great with rice.

Per serving: 261 Calories (kcal); 12g Total Fat; (40% calories from fat); 15g Protein; 24g Carbohydrate; 70mg Cholesterol; 59mg Sodium

### **Caribbean "Dump" Ham**

1 Pound Ham Steaks -- (4 to 6)  
8 oz. Pineapple Chunks in Juice  
1/4 cup brown sugar  
1/2 teaspoon nutmeg  
1/3 cup orange juice  
1/2 cup Golden Raisins

For immediate cooking: I spray the skillet with a little Pam. Place all ingredients the electric skillet. All ingredients and cook at 275 degrees (medium heat) for 20-25 minutes.

Per serving: 186 Calories (kcal); 3g Total Fat; (16% calories from fat); 16g Protein; 24g Carbohydrate; 34mg Cholesterol; 965mg Sodium

### **Caribbean "Dump" Pork Chops**

1 1/2 Pounds Pork Chops -- (4 to 6)  
8 oz. Pineapple Chunks in Juice  
1/4 cup brown sugar  
1/2 teaspoon nutmeg  
1/3 cup orange juice  
1/2 cup Golden Raisins

Spray the electric skillet with a little Pam. Place all items in a plastic bag and turn to coat. Dump into the skillet, spreading the pork chops apart. Cook 25-30 minutes on medium high until pork chops are no longer pink.

Per serving: 269 Calories (kcal); 11g Total Fat; (37% calories from fat); 18g Protein; 24g Carbohydrate; 56mg Cholesterol; 49mg Sodium

### **Casserole-Skillet Of Ham And Potatoes**

1 lb. slice cooked ham  
1 tbsp. Butter  
1 tbsp. brown sugar  
1 can cream of mushroom soup  
2/3 c. canned milk  
1/3 c. water  
1/4 c. chopped onion  
1/2 tsp. Salt  
1/8 tsp. Pepper  
3 c. thinly sliced raw potatoes  
1 c. sliced raw carrots

In electric skillet, brown ham in butter and brown sugar. Remove ham, pour off drippings. Place into skillet all remaining ingredients. Cover; cook over low heat (225 degrees) stirring occasionally, until vegetables are tender, about 35 minutes. Place ham slice onto vegetables. Cover and cook 10 minutes longer. Serves 4.

### **Catfish au Lait**

1 (12-ounce can) evaporated milk  
1 teaspoon Old Bay or other Crab Boil seasoning  
1/2 teaspoon freshly ground black pepper  
1 1/2 teaspoon kosher salt  
1/2 onion, thinly sliced  
3 to 4 catfish fillets

Combine the milk, Old Bay, pepper, salt, and onion in an electric skillet, cover, and bring to a simmer. Add the catfish to the liquid, spooning some of the liquid over the fillets. Reduce the heat to low, around 140 to 145 degrees, cover the skillet, and poach for 6 to 9 minutes. Yield: Yield: 3 to 4 servings

### **Celery Chicken Skillet**

1 c. orange juice  
2 tsp. Cornstarch  
3/4 tsp. Salt  
1/2 tsp. ground ginger  
1/2 tsp. grated orange peel  
1 tbsp. dry sherry  
2 tbsp. vegetable oil  
2 c. celery, diagonally sliced 1/4" thick  
1 1/2 c. sweet red or green pepper strips  
2 c. cooked chicken, cut in julienne strips



In a small bowl combine orange juice, cornstarch, salt, ginger, orange peel and sherry; set aside. In electric skillet. Heat oil until hot. Add celery and pepper. Stir-fry until vegetables are crisp-tender, about 4 minutes. Stir reserved orange juice mixture. Add to the electric skillet along with chicken. Cook and stir until thickened and chicken is hot, about 1 minute after boiling begins. Sprinkle with slivered almonds and serve over steamed rice if desired. Makes 4 servings.

### **Cheaters Chicken Cacciatore**

6 skinless -- boneless chicken breast halves  
1 jar spaghetti sauce -- (28 ounce)  
2 green bell pepper -- seeded and cubed  
8 ounces fresh mushrooms – sliced  
1 onion -- finely diced  
2 tablespoons minced garlic

Put the chicken in the Electric Skillet. Top with the spaghetti sauce, green bell peppers, mushrooms, onion and garlic. Cook on medium high (about 250 degrees) for 40 minutes.

### **Cheddar - Burger Skillet**

1 lb. ground beef  
1 med. onion, chopped  
1 can cream of celery soup  
1 can Cheddar cheese soup  
1/4 c. water  
2 cans whole potatoes (drained & sliced)

In electric skillet, brown the beef and cook the onion until tender at 350 degrees. Use shortening if necessary. Stir to separate meat; pour off fat. Stir in the soups and water; add potatoes. Heat and stir occasionally – at 275 degrees. Simmer about 20 minutes.

### **Cheddar Burger Skillet #2**

1 can cream of mushroom soup  
1 can cheddar cheese soup  
1 med. Onion  
1 lb. ground beef  
6 med. Potatoes  
1/2 c. water  
Salt  
Pepper

Brown ground beef and chopped onions in skillet. Drain. Peel and slice potatoes. Boil potatoes for 15 to 20 minutes until half cooked. Drain. Add both cans of soup and 1/2 cup water to ground beef in skillet. Mix. Add potatoes and mix to coat all potatoes. Cook over medium heat for 30 minutes until potatoes are fully cooked. Salt and pepper to taste. Serve with salad and side vegetable.

### **Cheese And Onion Skillet Sandwiches**

4 slices American cheese  
4 slices hot toast  
2 tbsp. chopped onion  
1 c. milk  
1 egg  
1 tsp. Salt  
1/8 tsp. dry mustard  
1/8 tsp. garlic salt

Preheat skillet to 250 degrees. Combine milk, egg, salt, dry mustard and garlic salt. Place slice of toast in skillet; cover each slice of toast with onion, then cheese slice. Cover with another slice of toast, then cheese. Pour milk and egg mixture over top. Cover skillet and cook on low heat about 8 minutes or until custard-like sauce is formed. Do not over cook. Serve hot with dash of chili sauce.

### **Cheeseburger Skillet Dinner**

1 (7 1/4 oz.) pkg. macaroni and cheese dinner  
1 lb. ground beef or turkey  
1/2 c. chopped onion  
2 c. frozen mixed vegetables  
1/3 c. ketchup  
1/4 c. water  
1/2 tsp. prepared mustard  
1/4 tsp. garlic powder  
3/4 c. (3 oz.) shredded Cheddar cheese

Prepare macaroni and cheese as directed on package. Meanwhile, in electric skillet, brown ground meat and onion; drain. Stir in frozen vegetables, ketchup, water, mustard and garlic powder. Cook over medium heat (250 degrees) for 8-10 minutes or until vegetables are crisp-tender, stirring occasionally.

Reduce heat to low (175 degrees). Stir in Cheddar cheese. Add macaroni-cheese to meat mixture; mix well. Cook 1-2 minutes or until thoroughly heated. Sprinkle with additional Cheddar cheese if desired. Yields: 4 (1 cup) servings.

### **Cheeseburger Skillet Dinner #2**

1 lg. ground beef  
1 med. Onion  
1 can cream of mushroom soup  
1 can cheddar cheese soup  
1/4 c. water (if needed)  
2 c. sliced and cooked potatoes

In electric skillet, at 350 degrees, brown onions and beef until tender and drain. Stir in soups and water (if needed). Add potatoes. Heat together for 10 minutes, at 250 degrees, stirring frequently.

### **Cheeseburger Macaroni**

1 pound lean ground beef  
1 teaspoon onion powder  
1/3 cup Heinz Ketchup®  
12 ounces cubes process cheese spread  
2 3/4 cups water  
7 ounces uncooked elbow macaroni

In the Electric Skillet, add hamburger and brown at 350 degrees. Drain the Skillet. Stir in water, ketchup and onion powder to the hamburger mixture. Bring to boil; stir in macaroni. Reduce heat to 250 and cover. Simmer 10 minutes or until macaroni is cooked. Add cheese; stir until melted. Makes 4-6 servings

### **Cheesy Chicken**

2 pounds boneless skinless chicken breasts  
2 cans condensed cream of chicken soup  
1 can condensed cheddar cheese soup  
1/3 cup of water  
1/4 teaspoon garlic powder

Put water in the Electric Skillet. Place the chicken in the Skillet. Mix the undiluted soups together with the garlic powder and pour over chicken. Cover, cook on medium high for 35-40 minutes. Halfway through, I opened the lid and spooned some of the soup mixture on top of the chicken. Serve with the delicious sauce over rice or noodles.

### **Cheesy Pasta Twists**

6 cups cooked corkscrew pasta  
1 1/2 cups of water  
1 jar (28 oz.) Prego® Traditional Pasta Sauce  
1 cup shredded mozzarella cheese  
1/2 cup Pepperidge Farm® Zesty Italian Croutons, crushed

Place the water, pasta and spaghetti sauce in the Electric Skillet. Cover and cook for 15 minutes on medium high heat (250 degrees). Stir, top with cheese and crushed croutons. Cover and heat until cheese is melted. Serves 4.

### **Chicken a la King**

3 cups cooked chicken or turkey, chopped  
1/2 cup green pepper, chopped  
1/4 cup onion, chopped  
1/2 cup celery, chopped  
1 jar (2 oz.) pimento (or chopped red bell pepper)  
1 can (4 oz.) mushrooms pieces, drained  
2 cans (10oz) cream of chicken soup (or cream of mushroom)  
1 cup of water  
1 pkg. (10 oz.) frozen peas

Combine all ingredients except peas in the Electric Skillet. Stir to mix well. Cover and cook on medium high (275 degrees). for 30 minutes. Add peas, stir gently, and cook for 10 more minutes at 250 degrees. Serves 4.

### **Chicken - Broccoli Rice Skillet**

2 tbsp. butter  
3/4 c. chopped carrots  
1/4 c. chopped onion

1 lb. skinless, boned chicken breasts (cut in thin strips)  
1 can broccoli soup  
1 c. milk  
1/8 tsp. Pepper  
1 c. minute rice

In electric skillet, over medium heat (275 degrees), melt butter. Add onions and carrots. Cook until tender. Push to one side. Add chicken strips. Cook until brown. Mix soup and milk. Add to skillet. Add pepper. Reduce heat to 225 degrees, cover. Simmer 10 minutes. Stir occasionally (sticks easily). Turn off heat. Add rice. Cover. Let stand 5 minutes. Fluff with fork before serving.

### **Chicken "Cheese Steak" Sandwiches**

1 loaf (11 3/4 oz.) Pepperidge Farm® Frozen Mozzarella Garlic Cheese Bread \*  
1 tbsp. vegetable oil  
1/2 lb. boneless chicken breasts, cut into strips  
1 small green **OR** red pepper cut into 2" strips  
1 medium onion, sliced

Prepare bread according to pkg. directions. Heat oil in the Electric Skillet. Add the chicken and cook until browned (about 10 minutes, medium heat). Stir halfway to separate and stir-fry. Remove the chicken. Add the pepper and onion and cook until tender. Return chicken to skillet and heat through (about 15 minutes)

Spoon chicken mixture on bottom bread half and top with remaining bread half. Cut into quarters. Makes 4 sandwiches.

### **Chicken & Green Bean Skillet**

2 chicken breasts, boned & skinned  
9 oz. pkg. French style string beans  
2 tomatoes, cut into eighths  
1 sm. onion, sliced  
3 tbsp. Butter  
1 tsp. lemon juice  
1/4 tsp. Thyme  
1 1/2 tsp. Salt  
1/8 tsp. Pepper  
Soy sauce to taste

Cut chicken into 1/2 inch strips. Melt butter in electric skillet. Add chicken and cook until all meat turns white. Add remaining ingredients and mix well. Cover and cook at low heat (200 degrees) for 10 minutes. Serve over rice.

### **Chicken & Peppers Skillet**

2 whole chicken breasts, skinned, cut & boned  
3 tbsp. soy sauce  
1/4 c. white wine  
2 tsp. Cornstarch  
1/8 tsp. garlic powder  
1/8 tsp. Sugar  
2 med. green peppers, cut into 1/4 inch strips  
1/2 lb. mushrooms, sliced thinly  
5 tbsp. salad oil

1/2 c. water  
2 pitas

Cut chicken into 1/8 inch thick slices. In bowl, mix chicken, soy sauce, wine, cornstarch, garlic powder and sugar, set aside. In electric skillet, over medium heat (300 degrees), in 2 tablespoons salad oil, cook green peppers and mushrooms, stirring quickly and frequently until tender- crisp, about 2 minutes. Put into bowl. In same skillet, over high heat (375 degrees), in 3 tablespoons hot salad oil, cook chicken, about 5 minutes. Return vegetables to skillet, add water. Heat to boiling, stirring constantly. Serve with pitas. 4 servings.

### **Chicken - Pineapple Skillet**

Bone and skin 2-3 chicken breasts. Cut each breast half into 10-12 strips. Assemble: 1 c. celery, sliced diagonally 1 green pepper, cut in strips 2 c. pineapple chunks, drained (reserve juice). Combine in bowl: 2 tsp. cornstarch 1/2 tsp. cinnamon 1 1/2 tsp. soy sauce.

Heat in electric skillet 2 tablespoons butter or oil. Over high heat (350 degrees), sauté strips of chicken. Sprinkle with salt and stir constantly for 3 minutes. Add onions, celery and green pepper; continue to cook, stirring constantly, 2 minutes. Add pineapple, then juice mixture. Stir and bring to a boil. Reduce heat and cook just until clear. Serve over hot rice.

Option: Use leftover cooked chicken; add to sautéed vegetables just before adding juice mixture.

### **Chicken - Tarragon - Rice Skillet**

6 chicken breast halves  
Salt  
Pepper  
Paprika  
Flour  
1/4 c. butter  
1 tbsp. Oil  
1 1/2 c. rice, uncooked  
4 c. chicken broth  
1 c. dry white wine  
1/2 tsp. Tarragon  
3 carrots, sliced  
2 c. broccoli florets  
1/2 c. diced red bell pepper  
1/4 c. mushrooms, sliced  
Parsley, minced

Sprinkle chicken with salt, pepper and paprika; coat lightly with flour. Heat butter and oil in preheated electric skillet (350 degrees); brown chicken slowly on both sides. Add rice and brown 5 minutes longer. Add broth, wine, tarragon and carrots. Cover and simmer gently 20-25 minutes or until chicken is tender and liquid is absorbed (on medium heat at 250 degrees). Add broccoli, red pepper and mushrooms. Cover and heat 10 minutes longer. Season to taste with salt and pepper. Sprinkle with parsley. 4-6 servings.

### **Chicken And Peppers Skillet**

1 pkg. chicken tenders  
3 tbsp. soy sauce  
1/8 tsp. Sugar  
2 tsp. Cornstarch  
1/8 tsp. garlic powder  
2 med. green peppers  
1/2 lb. Mushrooms  
1/2 c. water

Mix first 5 ingredients in a bowl. Set aside. Cook peppers and mushrooms until tender and remove from skillet. Pour first 5 ingredients in skillet and cook on high, scraping bottom of skillet while it's cooking.

Thicken sauce by adding water while scraping bottom of pan. Put peppers and mushrooms back in skillet and heat. Serve in pita bread for a sandwich or over rice for dinner.

### **Chicken and Rice For Two**

4 meaty chicken thighs or two breasts, skin removed  
1 can Healthy Choice chicken-rice soup  
½ cup of water  
1/2 Vidalia Onion, cut into chunks

Put the water, chicken and onion into the Electric Skillet. Cover with the soup. Cover, cook on medium high heat (275 degrees) for 35 minutes. The soup has nice chunks of carrot and celery, and the finished product is pretty, low in fat, and delicious! These amounts serve two.

### **Chicken And Rice Skillet**

1 lb. skinned and boned chicken breast or thighs cut into strips ½ inch wide  
1/2 tsp. salt and pepper  
1 tbsp. olive oil  
8 oz. Italian sausage  
1 medium onion, chopped (1 cup)  
1 medium sweet red pepper, cut in strips  
2 cloves garlic minced  
1 c. long-grain white rice  
2 c. low sodium chicken stock  
3 plum tomatoes, chopped (1 cup)  
1 tsp. each ground cumin, dried thyme, crumbled  
1 c. frozen peas, thawed  
8 black or green pitted olives, sliced

Sprinkle chicken with 1/4 teaspoon salt and pepper. Heat olive oil in electric skillet and add chicken and sausage, cook until light brown at 350 degrees. Transfer to plate. Sauté onions, peppers and add salt and pepper (1/4 tsp. each). Cook until soft. Add garlic and rice, sauté for 1 minute. Add stock, tomatoes, cumin and thyme. Bring to a boil on high heat. Lower heat to 250 degrees and cover. Let simmer 15 minutes until rice is tender. Add the peas, chicken and sausage and olives, mix well. Simmer 5 minutes at 200 degrees. until peas and meat are heated.

### **Chicken And Rice Skillet #2**

2 - 2 1/2 lbs. chicken pieces  
2 tbsp. butter  
Salt & pepper  
1/2 c. chopped green pepper  
1/2 c. chopped onions  
1 c. water  
1/2 c. uncooked regular white rice  
1/2 c. ketchup  
1/2 tsp. Salt

Brown chicken in butter in electric skillet at 350 degrees. Season with salt and pepper. Remove chicken from skillet. In same skillet, sauté green peppers, onion in drippings until tender. Stir in water, rice, ketchup and salt. Top with brown chicken. Heat to boiling. Cover and simmer 30 to 35 minutes at 250 degrees or until rice and chicken are done.

### **Chicken and Rice Skillet #3**

Chili powder, cumin and picante sauce add a Mexican flair to this easy-on-the-cook range-top dish. Only 9 grams of fat per serving leave you extra room for low-fat dessert, of course!

4 small, skinless, boneless chicken breast halves (about 3/4 pound total)  
2 teaspoons cooking oil  
1/3 cup sliced green onions  
1 clove garlic, minced  
1 tablespoon chili powder  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground cumin  
1/8 teaspoon pepper  
1 14-1/2-ounce can tomatoes, cut up  
1-1/4 cups reduced-sodium chicken broth  
3/4 cup long-grain rice  
1/4 cup picante sauce or salsa  
Fat-free dairy sour cream

In an electric skillet, quickly brown chicken breast halves in hot cooking oil over medium-high heat (350 degrees), turning once. Remove chicken from skillet. Add green onions, garlic, chili powder, cinnamon, cumin and pepper to skillet. Cook and stir for 1 minute.

Remove skillet from heat. Carefully stir undrained tomatoes, chicken broth and long-grain rice into vegetables in skillet. Return skillet to heat and bring to boiling. Arrange chicken breast halves on top of rice mixture. Reduce heat to 250 degrees. Cover and simmer for 15 to 20 minutes or until rice is tender and liquid is absorbed.

Spoon picante sauce or salsa over chicken. Cover and heat for 1 minute more. Serve with sour cream.

### **Chicken And Stuffing**

6 chicken breasts  
2 packages Stovetop stuffing -- prepared  
2 cans cream of chicken soup  
1 cup of water

Place chicken breasts on the bottom the Electric Skillet. Pour the water around the chicken. Add the stuffing over the chicken. Pour soup over stuffing. Cover and cook on medium high for 35-40 minutes. I spray the skillet beforehand so it does not stick.

### **Chicken Bog - In Electric Skillet**

1 tbsp. instant onion flakes or 1 sm. onion, finely chopped  
1/4 c. butter  
2 3/4 c. water or stock  
1 c. uncooked rice  
2 c. boned chicken  
3 chicken bouillon cubes  
1 tsp. salt  
1/2 tsp. Pepper

Melt butter, sauté onions five minutes. Add broth, heat until bubbly. Stir in rice, reduce heat, cover and simmer 10 minutes. Stir in rest. Cover and cook on low heat (about 200 degrees) at least 10 to 15 minutes.

### **Chicken Breast with Jalapeno Sauce (4 Points)**

Makes 4 servings

4 boneless, skinless chicken breast  
1/3 cup flour  
Salt and black pepper to taste  
3/4 cup fat-free chicken broth  
1/4 cup Tabasco jalapeno sauce (the green one)  
2 tsp. Molly McButter  
4 green onions, chopped  
1 clove garlic, pressed, or 1/4 tsp. garlic powder

Spray the Electric Skillet with Nonstick cooking spray. Wet chicken breasts, and dip them in flour on both sides. Place in the Electric Skillet. Season with salt and black pepper to taste. Cook and brown chicken on medium high heat (275 degrees) for seven minutes on each side. In med. bowl, combine chicken broth, jalapeno sauce, Molly McButter, green onions, and garlic. Stir with spoon. Pour sauce over browned chicken breasts and simmer over medium heat for 20 min at 225 degrees.

Per serving 1.8g fat, cal 181 Points: 4

### **Chicken Cacciatore (Electric Skillet)**

6 Boneless, skinless chicken breast halves (about 1 1/2 pounds)  
1/3 cup All-purpose flour  
1/2 tsp Salt  
1/4 tsp. Pepper  
1/4 cup Oil  
1 large Onion, sliced and separated into rings  
1 large Green pepper, cut into strips  
1/2 lb. Fresh mushrooms, sliced  
2 Cloves garlic, minced  
3 can Italian tomatoes (14 1/2 Oz each), undrained  
1 tsp. Dried oregano leaves  
1/2 tsp. Dried basil leaves  
Hot cooked spaghetti

Preheat 12-inch electric skillet to 350F. Combine flour, salt and pepper; dredge chicken. Add 2 tablespoons oil to skillet; sauté chicken for 4 minutes on each side, until golden brown. Remove chicken and set aside. Add remaining oil to skillet; sauté onion and the next 3 ingredients until onions are translucent, about 4 minutes. Stir in tomatoes and spices, breaking up tomatoes with spoon. Bring to a boil, then reduce heat to 225 F and simmer, uncovered, for 10 minutes stirring occasionally. Add the chicken; cook for 15 minutes longer until chicken is done. Serve over hot cooked spaghetti.

Serves 4 to 6.

### **Chicken Dinner In A Skillet**

2 whole chicken breasts, split



2 tbsp. butter  
1 (11 oz.) can cheddar cheese soup  
1/4 c. water  
2 med. potatoes, peeled & quartered  
2 stalks celery, cut into 2-inch slices  
1/2 c. sliced carrots  
1 bay leaf

Remove skin and fat from chicken. Brown chicken on both sides in butter at 350 degrees in the electric skillet. Add remaining ingredients to skillet. Bring to a boil; cover and simmer at 250 degrees for 40 minutes, stirring occasionally. Remove bay leaf. Yields: 4 servings.

### **Chicken Garden Skillet**

Preheat skillet to 360 degrees. Dredge chicken in seasoned flour. Brown slowly in 1/4 cup hot fat. Reduce to 230 degrees, add 3/4 cup bouillon and 3/4 cup cooking sherry. Cover, cook 45 minutes. Push chicken aside, add 1 package frozen artichoke hearts, 2 fresh tomatoes cut in wedges, 1 onion, 1/2 green pepper sliced.

Sprinkle with salt. Cover and cook about 15 minutes. Serve on rice; double vegetables for more than 4.

### **Chicken In A Skillet**

2 c. cooked rice  
1 tbsp. oil  
2 chicken breasts, cut into sm. Pieces  
1 c. chicken broth  
2 carrots, sliced thin  
1 half onion, chopped  
1 can LeSueur peas, drain half of juice

Heat oil in electric skillet. Brown chicken pieces at 350 degrees and remove. Add rice, onion, and fry it a little, breaking it up. Add chicken, carrots, peas, broth; season to taste. Cover and let simmer at 250 degrees, stirring often. Done when all of the juice is absorbed.

### **Chicken In A Skillet #2**

2 tbsp. oil  
2 1/2 to 3 lbs. chicken, cut into serving pieces  
2 cans (14 1/2 oz.) whole tomatoes, drained and chopped (reserve liquid)  
2 env. Lipton onion soup mix  
2/3 c. water  
1 can mushrooms

In preheated (350 degrees) electric skillet, heat oil and brown chicken; drain. In separate bowl, mix reserved liquid, mushrooms, onion soup mix and water. Add tomatoes and soup mixture to chicken in skillet. Simmer covered (at 250 degrees), stirring occasionally, 45 minutes or until chicken is tender. Serve over rice. Makes about 4 servings

### **Chicken in Mushroom Sauce**

1 tbsp. vegetable oil  
4 skinless, boneless chicken breast halves  
1 can (10 3/4 oz.) Campbell's Cream of Mushroom **OR** 98% Fat Free Cream of Mushroom Soup  
1/2 cup milk  
1/8 tsp. pepper  
4 cups hot cooked rice  
Chopped fresh parsley for garnish

In the Electric Skillet, add chicken and oil. Cook 10 minutes at 350 degrees to brown. Remove the chicken and drain off the fat. Add soup, milk and pepper. Heat to a boil. Return chicken to pan. Reduce heat to low (200 degrees). Cover and cook 15 minutes, until chicken is no longer pink. Serve with rice. Garnish with parsley. Serves 4.

### **Chicken Milano - Electric Skillet**

1 c. cooked regular or Minute rice  
2 whole boneless chicken breasts, cut into 1 1/2 inch chunks  
2 tbsp. butter  
1 med. onion sliced  
2 tsp. garlic powder  
1 (10 3/4 oz.) can condensed tomato soup  
1 sm. can drained mushrooms  
1/2 tsp. Basil  
1/8 tsp. crushed red pepper, optional

In skillet cook onion and garlic in butter over medium heat, until onion is tender. Stir occasionally. Add chicken and cook until lightly browned on both sides, stirring frequently. Stir in tomato soup and remaining ingredients. Heat to boiling on high. Reduce to low, cover and simmer for 20 minutes, stirring often. Spoon mixture over rice.

### **Chicken Parmesan Skillet Style**

1 tbsp. butter  
1 clove minced garlic  
1/2 c. chopped onion  
1 lb. boneless chicken breasts  
4 tbsp. grated Parmesan cheese  
1/2 c. chopped green pepper  
1 c. tomato sauce  
1 sm. can tomato paste  
1 (16 oz.) can stewed tomatoes, drained  
1/2 tsp. Sugar  
2 tsp. dried oregano  
2 tsp. crushed dried basil  
4 oz. shredded Mozzarella cheese

Cut chicken breasts in half. If desired, pound breasts to 1/4 inch thickness. In electric skillet, cook onion and garlic in butter until almost tender. Push to one side, add chicken. Brown chicken on both sides (at 350 degrees). Sprinkle chicken with Parmesan cheese, add green pepper. Combine tomato paste, sauce, stewed tomatoes, sugar, oregano, and basil. Pour over chicken stirring it into onion mixture.

Cover and cook for 25 minutes on low heat (200 degrees) or until chicken is tender. Sprinkle with Mozzarella cheese, recover. Cook for 1-2 minutes until cheese is melted. Serve with tossed green salad and garlic bread. This is low calorie and low fat.

### **Chicken Pineapple Skillet**

3 whole broiler fryer chicken breasts  
2 tbsp. butter  
1 1/2 tsp. Salt  
1 tbsp. instant minced onion  
1 c. diagonally sliced celery  
1 green pepper, cut in strips  
1 can (15 1/4 oz.) pineapple chunks in unsweetened juice  
1 1/2 tsp. soy sauce  
1/8 tsp. Cinnamon  
2 tsp. Cornstarch

Bone chicken breasts; remove skin. Cut each breast half into 10 or 12 strips. Assemble remaining ingredients. Heat butter in electric skillet that has been preheated to 350 degrees. Add strips of chicken; sprinkle with salt. Cook, stirring constantly, 3 minutes. Add onion, celery and green pepper; continue to cook, stirring constantly, 2 minutes. Add pineapple with juice, soy sauce and cinnamon. Stir and bring to a boil. Reduce heat to medium(275 degrees); cover and cook 4 minutes.

Blend together cornstarch and 2 tablespoons cold water; stir all at once into skillet. Cook, stirring rapidly, until thickened. Serve with broiled tomatoes. Makes 6 servings.

### **Chicken Rice Casserole**

1 cup uncooked white rice  
1 small onion chopped  
2 cans chicken broth  
1 can of water  
1 4 ounce can mushrooms chopped  
Salt and pepper to taste  
6 boneless chicken breasts

Place the water, rice, onion, chicken broth, mushrooms, salt and pepper in the Electric Skillet. Mix well.. Top with chicken. Cover, turn to medium high heat (275 degrees), cook for 30 minutes. Stir and cook for 10 more minutes.

### **Chicken Supreme In A Skillet**

Skin one large chicken (fryer) and cut off meat from breast and thighs. (Boil remaining parts of chicken and set aside.) Prepare 1 package Uncle Ben's wild rice with chicken broth per directions and set aside. Prepare 1 small package frozen small lima beans and set aside. Cube breast and thigh meat and place in oiled electric skillet. Simmer until meat is cooked. (Season to taste). In separate skillet, add 2 tablespoons oil and sauté: 1 cup sliced mushrooms, 1 diced bell pepper and 1 cup diced celery

Add rice, lima beans and sautéed vegetables to chicken in the skillet and stir in 1/2 to 1 cup chicken broth, according to desired thickness. Boiled chicken parts may be deboned and added for extra meat if desired. (Serves about 10 hungry people).

### **Chicken Vegetable Dinner & Rice**

4 boneless chicken breast halves  
1/4 tsp. garlic powder

1 tbsp. vegetable oil  
1 can Campbell's® Cream of Chicken with Herbs Soup  
1 1/2 cups water \*  
1/4 tsp. pepper  
1 1/2 cups uncooked Minute® White Rice  
2 cups frozen vegetable combination (broccoli, cauliflower, carrots)

Sprinkle chicken with garlic. Heat the oil in the skillet. Add the chicken and brown on both sides at 350 degrees. Remove chicken, add soup, water and pepper. Heat to a boil. Stir in rice and vegetables. Top with chicken. Cover and cook over medium low heat (200 degrees) for 20 min. or until done. Serves 4.

Tip: \*For creamier rice, increase water to 1 2/3 cups.

### **Chicken Wild Rice Skillet**

1 can mushrooms  
1/2 c. celery  
1 sm. Onion  
4 tbsp. butter  
16 oz. long grain & wild rice mix  
8 slices cooked chicken  
1 (14 1/2 oz.) can asparagus, drained or fresh

In electric skillet cook mushrooms, onion and celery in butter until vegetables are tender, not brown. Add water, rice and mix. Cover and simmer 25 minutes. Place chicken on top of rice. Top with asparagus. Cook, covered until heated through (5 to 10 minutes).

### **Chili**

1 can stewed tomatoes (16 oz), chopped up  
1 can tomato sauce (we use hunt's "special") (16 oz)  
1 can kidney beans  
1 can corn  
1 can small white beans  
Onions  
Garlic (actually, we chop the onions and garlic and saute that FIRST)  
1 tablespoon chili powder  
Salt and pepper  
1/2 small of chopped green chilis (optional)  
1 cup (or more) water as needed

Heat all ingredients in large electric skillet and leave it to simmer for an hour on about 200 degrees.

### **Chili**

1 1/2 lb. ground round  
1/3 Cup of Water  
1/2 tsp. salt  
10 oz. Campbell's onion soup  
12 oz. undrained kidney beans  
6 oz. can tomato paste  
8 oz. can tomato sauce  
1 tbsp. chili powder

2 tsp. cumin powder

Brown beef in the skillet on 350 degrees. Sprinkle with salt. Add soup and simmer 5 minutes on medium heat (225 degrees). Add spices and stir. Add beans, paste, and sauce. Stir and heat thoroughly 20 minutes, medium high heat, to blend flavors.

### **Chili Bean Dip**

1 lb ground beef  
¼ cup of water  
1/4 cup onion, minced  
1 large can crushed tomatoes  
1/4 tsp pepper  
2 tsp chili powder  
1 tsp cayenne pepper  
1/4 tsp garlic powder  
1 can kidney beans, drained  
1 lb Velveeta Cheese, roughly chopped

Place hamburger and onion in Electric Skillet. Cover at 350 degrees until done. Drain off excess fat. Add tomatoes and spices. Simmer 15-20 minutes covered --- on medium heat – about 250 degrees. Add drained kidney beans and Velveeta. Continue stirring until cheese is melted. Serve warm. Dip with Fritos. Frito "Scoops" are best!

GREAT SUPER BOWL PARTY RECIPE!!!!!!!!!!!!!!!

### **Chili Bean And Beef Skillet Casserole**

1 lb. ground beef  
1 1/2 c. sliced celery  
1/8 tsp. pepper  
2 lg. unpeeled potatoes, cubed  
1 med. onion, thinly sliced, separated into rings  
1/2 c. water  
1 (15 oz.) can Green Giant or Joan of Arc spicy or extra spicy chili beans, undrained  
1 (11 oz.) can condensed Zesty tomato soup  
Brown ground beef in electric skillet at 350 degrees; drain. Add remaining ingredients. Bring mixture to a boil. Reduce heat to 225 degrees; cover and simmer 15 to 20 minutes until potatoes are tender, stirring occasionally. 5 (1 1/2 cups) servings. Serves 5.

### **Chili Beef Skillet**

1 lb. lean ground beef  
1 (16 oz.) can tomatoes, cut up  
3/4 c. instant rice  
1 1/2 tsp. chili powder  
3/4 c. chopped onion  
1 (15 oz.) can kidney beans  
3 tbsp. chopped green pepper  
1/2 tsp. garlic salt  
3/4 c. (3 oz.) sharp process American cheese, grated

Brown meat and onion in electric skillet at 350 degrees. Stir in all other ingredients except the cheese. Add 3/4 cup water and 1/2 teaspoon salt. Cover. Reduce heat to 220 degrees and simmer for 20 minutes, stirring frequently. Add cheese and cover until cheese melts. Serves 6.

### **Chiliburger**

1 lb ground meat  
1 tsp chili powder  
2 tsp cumin  
2 tsp oregano  
2 tsp flour

Very simple!!!! Knead all ingredients together, make hamburger shapes. Place in Electric Skillet that has been preheated to 250 degrees. Cook until desired doneness

### **Chile Con Carne**

It's wonderful served over a bowl of steaming rice. Top each serving with a bit of grated Cheddar and some minced onions.

2 tablespoons vegetable oil  
2 pounds ground beef  
2 cups chopped onions  
4 cloves garlic, finely chopped  
3 1/2 cups kidney, pinto or black beans, (two 15-oz.cans) drained  
3 1/2 cups crushed tomatoes, (29-oz.can)  
1 3/4 cups ORTEGA Salsa - Thick & Chunky (Medium), (16-ounce jar)  
1/2 cup dry white wine  
1/2 cup ORTEGA® Diced Green Chiles, (4-oz.can)  
3 tablespoons chili powder  
1 tablespoon to 2 ORTEGA® Diced Jalapeños  
1 tablespoon ground cumin  
1 tablespoon dried oregano, crushed  
2 teaspoons salt

Heat vegetable oil in Electric Skillet and add the beef, onions and garlic. Cook 4-5 minutes at 350 degrees. Drain the grease but don't wipe out the Electric Skillet.

Stir in beans, crushed tomatoes, salsa, wine, chiles, chili powder, jalapeños, cumin, oregano and salt. Bring to a boil. Reduce heat to low (175 degrees); cover. Cook, stirring frequently, for 30 minutes. Makes 12 servings.

### **Chili Con Carne Skillet**

1 lb. ground beef  
1 med. onion, chopped  
2 tbsp. chili powder  
1 (10 3/4 oz.) can Campbell's tomato soup  
2 (15 1/2 oz.) cans kidney beans, undrained

In electric skillet, brown beef and cook onion with chili until tender (use shortening, if necessary). Stir to separate meat. Add soup and beans. Cook over low heat 10 minutes; stir occasionally. Serve with fried eggs, if desired. Makes 6 (1 cup) servings.

### **Chili Maple Glazed "Dump" Chicken**

1 1/2 Pounds Chicken Pieces -- (4 to 6)  
2 tablespoon water  
1 teaspoon salt  
1 1/2 tablespoon maple syrup  
1 tablespoon chili powder

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cover and cook on medium for 35-40 minutes. If cooking nothing but chicken breasts, cook 30-35 minutes, or until chicken juices run clear.

Great with rice.

Per serving: 184 Calories (kcal); 12g Total Fat; (58% calories from fat); 15g Protein; 4g Carbohydrate; 70mg Cholesterol; 423mg Sodium

### **Chili Maple Glazed "Dump" Ham**

1 Pound Ham Steaks -- (4 to 6)  
2 tablespoon water  
1 teaspoon salt  
1 1/2 tablespoon maple syrup  
1 tablespoon chili powder

Place all ingredients the skillet. Cover, cook on medium for 20-25 minutes. Stir to make sure that ingredients don't stick

Per serving: 109 Calories (kcal); 3g Total Fat; (28% calories from fat); 15g Protein; 4g Carbohydrate; 34mg Cholesterol; 1329mg Sodium

### **Chili Rice Skillet**

1 lb. ground beef  
3 c. water  
1 c. rice  
1 (15 oz.) can kidney beans  
1 (8 oz.) can tomato sauce  
1 med. onion, chopped  
1 to 2 tbsp. chili powder  
2 tsp. salt  
Shredded Cheddar or Monterey Jack cheese (optional)

Brown ground beef in skillet, drain. Add remaining ingredients except cheese. Bring to a boil. Reduce heat, cover and simmer about 25 minutes or until rice is tender. Stir occasionally. Top with cheese just before serving if desired.

### **Chili Skillet Fish**

1 lb. fish fillets  
1 med. onion, thinly sliced  
2 tbsp. olive or vegetable oil  
1/2 tsp. salt

1/4 tsp. coarsely ground pepper  
1 can (4 oz.) chopped green chilies, drained  
10 pimento-stuffed green olives  
1/4 c. dry white wine  
1 tbsp. lemon juice  
Lemon wedges

If fish fillets are large, cut into 5 serving pieces. Place onion in oil in electric skillet. Place fish on onion; sprinkle with salt and pepper. Spoon chilies on fish; top with olives. Cook on medium (225 degrees) until fish flakes easily with fork, about 10 minutes. Serve with lemon wedges. 5 servings  
- 165 calories each

### **Chili Soup**

2 cups pinto beans -- or #2 can of kidney beans  
1 pound hamburger  
2 teaspoons salt  
1 quart tomatoes  
2 medium onion -- minced  
1/4 teaspoon pepper  
1 teaspoon chili powder

Cook beans until soft. I boiled them in the Electric Skillet on High Heat in four cups of water – always checking to make sure that the water does not boil out. If you use canned beans, you don't need to cook them. Remove the beans and brown the onion and hamburger. Drain and add tomatoes and beans to browned hamburger. Add seasoning. Simmer on medium heat for 20 minutes. Add water to obtain desired consistency. Serves 6.

### **Chinese Steamed Fish**

1-1/3 pounds snapper fillets (cod, sea bass, tilapia, or scallops), about 3/4 inch thick  
1/3 pound mushrooms sliced  
4 green onions cut in 1-inch lengths  
1/2 pound asparagus or green beans cut in 1-inch lengths  
1 large carrot thinly sliced

Sauce:

6 tablespoons orange juice  
3 tablespoons rice vinegar  
2 tablespoons low-salt soy sauce  
1 tablespoon sesame oil  
3/4 teaspoon grated fresh ginger  
3/4 teaspoon grated fresh orange zest

Combine sauce ingredients and set aside for 30 minutes. Rinse fish and pat dry. Arrange on rack to fit skillet and place some water in the bottom of the skillet. Cover and steam for 2-3 minutes.

Top with vegetables and steam until fish is opaque through center and vegetables are crisp-tender, 5-7 minutes longer. Transfer vegetables and fish to individual plates and pour sauce over each portion.

### **Cin-Chili Chili**

2 pounds stew beef  
1 teaspoon oil  
4 1/2 tablespoons chili powder, divided  
5 teaspoons garlic powder, divided  
8 fluid ounces tomato sauce  
1 1/2 cups beef broth  
1 MAGGI® Chicken Bouillon Cubes



1 jalapeño, chopped  
1 tablespoon onion powder  
1/2 teaspoon cayenne pepper  
1 1/2 teaspoons white pepper, divided  
2 cups water  
1/2 teaspoon salt  
2 green chili peppers  
1 tablespoon paprika  
1 tablespoon Italian seasoning  
1 teaspoon onion powder  
2 teaspoons cumin  
1/8 teaspoon salt

In the Electric Skillet, brown the stew beef in oil at 350 degrees until brown. Drain, Stir in 1 tablespoon chili powder and 2 teaspoons garlic powder. In a large bowl, combine tomato sauce, beef broth, chicken bouillon cube, chopped jalapeno, 1 tablespoon onion powder, 2 teaspoons garlic powder, cayenne pepper, 1 teaspoon white pepper, water, 1 tablespoon chili powder, salt, and green chili peppers. Add to the beef mixture and stir. The Electric Skillet will be FULL!!! Bring to a boil on medium high heat. Reduce the heat to 200 degrees and simmer for 40 minutes.

Meanwhile, in a small bowl, combine paprika, Italian seasoning, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1/2 teaspoon white pepper, and 2 1/2 tablespoons chili powder. Add to the beef mixture, adding more beef broth or water if too thick. Remove the green chili peppers and simmer for 20 minutes. Stir in cumin and salt. Simmer for 10 minutes. Makes 10 servings. Again, your Electric Skillet will be FULL!!!!

### **Citrus Ginger "Dump" Chicken**

1 1/2 Pounds Chicken Pieces -- (4 to 6)  
1/2 cup of water  
1/4 cup orange marmalade  
1 tablespoon Honey Mustard  
3/4 teaspoon ground ginger  
1/8 teaspoon red pepper – ground

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 325 degrees for 40 minutes – stirring often. Cook until chicken juices run clear.

### **Classic Fried Catfish**

Yield: 4 servings

3/4 c yellow cornmeal  
1/4 c flour  
2 tsp. salt  
1 tsp, cayenne pepper  
1/4 tsp. garlic powder  
4 catfish fillets or whole catfish  
vegetable oil

Combine cornmeal, flour, salt, cayenne and garlic powder. Coat catfish with mixture, shaking off excess. Add 1" layer of oil to electric skillet. Heat to 350 degrees. Add catfish in single layer and fry until golden brown, about 5 to 6 minutes depending on size. Remove and drain on paper towels.

### **Cocktail Hot Dogs**

4 packages hot dogs  
2 cans (12oz) chili sauce  
10 oz grape jelly

Cut hotdogs into bite size pieces. Mix chili sauce & jelly together. Put everything into the Electric Skillet (I spray the skillet first. Cover, cook on medium low heat for 15 minutes. Stir often so the sides don't stick. Serve on toothpicks.

### **Country Brunch Skillet**

6 bacon strips  
6 cups frozen cubed hash brown potatoes  
3/4 cup chopped green pepper  
1/2 cup chopped onion  
1 tsp. Salt  
1/4 tsp. Pepper  
6 eggs  
1/2 cup shredded cheddar cheese

In preheat electric skillet (275 degrees, cook bacon until crisp. Remove bacon; crumble and set aside. Drain, reserving 2 tablespoons off drippings. Add potatoes, green pepper, onion, salt and pepper to drippings; cook and stir for 2 minutes. Cover and cook, stirring occasionally, until potatoes are browned and tender, about 15 minutes. Make six wells in the potato mixture; break one egg into each well. Cover and cook on low heat for 8-10 minutes or until the eggs are completely set. Sprinkle with cheese and bacon.

Makes 6 servings.

### **Country Fried Skillet**

1/2 c. milk  
1 egg, slightly beaten  
1 c. all-purpose flour  
2 tsp. garlic salt  
1 tsp. Paprika  
1 tsp. black pepper  
1/4 tsp. poultry seasoning  
1 (2 1/2-3 lb.) frying chicken, cut up or use chicken pieces  
Crisco shortening for frying

Combine milk and egg in medium bowl. Set aside. Combine flour, garlic salt, paprika, pepper and poultry seasoning in paper or plastic bag. Add a few pieces of chicken at a time. Shake to coat. Dip chicken in milk-egg mixture. Shake second time in flour mixture. Skillet or deep fry in Crisco. To skillet

fry, heat 1/2 to 1 inch Crisco to 365 degrees in electric skillet. Brown chicken on all sides.

Reduce heat to 275 degrees or medium-low heat. Continue cooking until chicken is tender about 30-40 minutes. Do not cover. Turn chicken several times during cooking. Drain on paper towels.

Yield: 4 servings.

Note: For extra spicy chicken, increase black pepper to 2 teaspoons and poultry seasoning to 1/2 teaspoon.

### **Cowboy Beans**

1 Large can (29 oz) Pork & Beans  
1/2 Cup Catsup  
1/2 Cup Brown Sugar  
1/2 onion – chopped  
1 1/2 TBS Chili Powder  
1lb Ground Beef - Browned & Drained

Brown the Hamburger in the Electric Skillet at 350 degrees. Drain the grease. Add the remaining ingredients and stir well. Cover, reduce heat to medium and cook for 20 minutes .... Stirring often.

### **Cowboy Stew**

1 1/4 lbs. beef stew meat  
4 potatoes, unpeeled, cut into 4" pieces.  
1 cup of water  
1/2 cup onion, chopped  
1 tsp. Salt  
1/4 tsp. Pepper  
1 (28 oz.) can Baked beans in BBQ Sauce

Mix beef, potatoes, onion, water, salt and pepper in the Electric Skillet. Spread the beans over the meat mixture. Cook on medium high heat for 40 minutes. Cook until beef is tender.

Per serving: cal 370, fat 12g, sat fat 5g, chol 65mg, sod 1030mg, carb 46g, fiber 8g, prot 28g  
Points: 7

### **Cranberry "Dump" Pork Roast**

2 tablespoon butter -- melted  
1 tablespoon Soy Sauce  
1/2 cup cranberry juice  
1/4 cup orange juice  
3/4 cups of water  
1/8 teaspoon cinnamon  
3 Pounds Pork roast

Place the Roast in the Electric Skillet with the water. Brown on all sides. Pour 1/2 cup of water around the Roast. Mix all the other ingredients together and pour over roast. Cover and cook for 40 minutes or until desired doneness. Remove the cover often, turn the meat and baste with the juices. Serve with HOT mashed potatoes and stuffing!

Per serving: 233 Calories; 15g Total Fat; 20g Protein; 3g Carbohydrate; 74mg Cholesterol;  
187mg Sod.

### **Cranberry "Dump" Chicken**

2 tablespoon butter – melted  
1 tablespoon Soy Sauce  
1/2 cup cranberry juice  
1/4 cup orange juice  
1/8 teaspoon cinnamon  
1 1/2 Pounds Chicken Pieces -- (4 to 6)

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 219 Calories (kcal); 15g Total Fat; (64% calories from fat); 15g Protein; 5g Carbohydrate; 81mg Cholesterol; 266mg Sodium

### **Cranberry "Dump" Ham**

2 tablespoon butter – melted  
1 tablespoon Soy Sauce  
1/2 cup cranberry juice  
1/4 cup orange juice  
1/8 teaspoon cinnamon  
1 Pound Ham Steaks -- (4 to 6)

I spray the skillet with a little Pam. Place all ingredients the SKILLET. Cover, cook on medium for 20-25 minutes.

Per serving: 145 Calories (kcal); 7g Total Fat; (45% calories from fat); 15g Protein; 4g Carbohydrate; 44mg Cholesterol; 1171mg Sodium

### **Creamy Ranch Pork Chops & Rice**

1 tbsp. vegetable oil  
4 boneless pork chops, 3/4" thick  
1 can (10 3/4 oz.) Campbell's® Cream of Mushroom **OR** 98% Fat Free Cream of Mushroom Soup  
1/2 soup can milk  
1 pkg. (1 oz.) ranch salad dressing mix  
Paprika  
*Ranch-Style Rice*

Heat oil in skillet. Add chops and cook until browned (medium high heat).

Add soup, milk and **1/2 pkg.** salad dressing mix. Heat to a boil. Cover and cook over low heat, covered, for 10 min. or until done. Sprinkle with paprika.

**SERVE** with *Ranch-Style Rice*. Serves 4.

Tips:

*Ranch-Style Rice*: Add remaining salad dressing mix to water when making rice. Serve with your favorite frozen vegetable blend.

### **Creamy Skillet Potatoes**

4 to 5 medium potatoes, peeled and cubed  
1/3 cup Onion, chopped  
1 envelope ranch-style dressing mix (1 ounce)  
1/3 cup sour cream  
2 cups milk  
1 teaspoon parsley

Precook potatoes in microwave or boil until slightly tender. Spray electric skillet with non-stick cooking spray. Over medium heat (275 degrees), brown onions and potatoes. Add remaining ingredients and simmer just until sauce thickens.  
Serves 4.

### **Creamy Vegetables**

1 package (16 ounces) frozen mixed vegetables -- such as California Mix  
1/2 cup of water  
1/4 pound Velveeta Light -- cut up  
4 ounces Philadelphia Free Fat Free cream cheese -- cut up

Place the water and the frozen vegetables in the bottom of the Electric Skillet. Top with the cut up Velveeta Light and Cream Cheese. Cover, cook on medium for five minutes. Remove top, stir gently, cover again and cook for 15 more minutes-- still on medium heat.

### **Creole "DUMP" Chicken**

1 Tablespoon Olive Oil  
1/4 cup Chopped Onion  
1/4 cup Bell Pepper  
1 Clove Garlic – minced  
14 Ounces Whole Tomatoes -- (Chopped and undrained)  
2 Teaspoons Worcestershire Sauce  
2 Teaspoons Red Wine Vinegar  
1/2 Teaspoon Dried Basil  
1/4 Teaspoon Salt  
1/4 Teaspoon Pepper  
1/4 Teaspoon Tabasco Sauce  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cover and cook on medium for 35-40 minutes. Cook at 325 until chicken juices run clear.

Per serving: 206 Calories (kcal); 14g Total Fat; (61% calories from fat); 15g Protein; 5g Carbohydrate; 70mg Cholesterol; 167mg Sodium

### **Crispy Catfish**

4 catfish fillets, (about 6 to 8 ounces each)  
1/3 cup cornmeal  
1/3 cup all-purpose flour  
1 teaspoon salt

1/2 teaspoon paprika  
1/4 teaspoon onion powder  
1/8 teaspoon freshly ground black pepper  
1 egg, lightly beaten  
1 tablespoon water  
1/2 cup CRISCO Oil  
Tartar sauce, (optional)

Rinse fish. Pat dry. Combine cornmeal, flour, salt, paprika, onion powder and pepper on sheet of plastic wrap or wax paper. Combine egg and water in shallow dish or pie plate. Dip fish in egg mixture. Coat with cornmeal mixture.

Heat Crisco Oil to 365°F in electric skillet. Fry fish for 5 to 7 minutes on each side or until crisp and browned. Drain on paper towels. Serve with tartar sauce, if desired.

Note: Any firm, white-fleshed fish fillet such as flounder, sole or cod can be cooked in the same way. The coating also works well on turkey cutlets or boneless, skinless chicken breasts.

### **Crispy Chicken Rolls**

3 whole chicken breasts  
1 1/4 cups cooked shrimp, chopped  
3/4 cup butter or margarine  
1/4 cup chopped green onions  
2 1/2 tsp. salt  
1/4 cup vegetable oil  
1 cup all-purpose flour  
1 1/4 tsp double acting baking powder  
3/4 cup water

Pound chicken to 1/4-inch thickness. Combine shrimp, butter, green onions and 1 1/2 teaspoons salt. Spoon mixture onto each breast. Wrap and secure with toothpicks; cover and refrigerate until ready

to cook. Heat oil to 370-degrees in electric skillet. In medium bowl mix flour, baking powder, 1 teaspoon salt and water. Whip until well blended. Dip 3 chicken rolls one at a time, into flour mixture and then into hot oil. Fry 10 to 15 minutes until golden. Drain on paper towels. Repeat with remaining 3 rolls. Remove toothpicks and serve immediately to retain crispness. Makes 6 servings.

### **Crunchy No Fry Chicken**

3/4 cup finely crushed corn flakes  
1/2 teaspoon garlic powder  
1/8 teaspoon black pepper  
1/8 teaspoon ground red pepper  
4 skinless -- boneless chicken breast halves (about 1 pound)  
1/4 cup Chicken Broth

Mix corn flakes, garlic powder, black pepper and red pepper. Set aside. Dip chicken in broth. Coat with corn flake mixture. Place the chicken in the Electric Skillet with ½ cup of water poured around the chicken. Cook on medium high for 10 minutes. Turn the chicken, add a little more water if necessary, and cook for 10 more minutes, medium heat. Cook until chicken is no longer pink and the juices run clear.

### **Curried Chicken Skillet Dinner**

2 teaspoons brown sugar  
2 teaspoons curry powder  
½ teaspoon dry mustard  
¼ teaspoon pepper  
4 boneless chicken breast halves, cut in bite-size pieces  
14.5 ounces chicken broth or about 1 ¾ cups  
1 ½ cups orange juice  
1 ¼ cups Long grained rice, uncooked  
10 ounces Pkg. frozen English Peas

Combine first 5 ingredients; sprinkle 1 tbsp seasoning mixture over chicken, tossing to coat. Reserve remaining seasoning mixture. Bring chicken broth, orange juice, rice and reserved seasoning mixture to a boil in a large electric skillet. Add chicken; reduce heat, cover and simmer 15 minutes. Stir in peas; cover and simmer 10 minutes or until liquid is absorbed.

Yield: 4 servings

### **Denny's Chicken Fajita Breakfast Skillet**

2 Boneless Skinless Chicken Breast  
2 C. Home Fries or Hash browns  
1 tsp. Fajita Seasoning  
1 Small Bell Pepper  
1 Small Onion  
4 Eggs  
¼ C. Half and Half  
½ C. Shredded Cheese  
½ C. Sour Cream (optional)  
½ C. Guacamole (optional)  
Salt and Pepper  
Salsa (optional)

Rub chicken breast with fajita seasoning and let marinate for ½ hour. Slice marinated chicken into strips. Use cooking spray and braise chicken in a hot electric skillet until done. Add onion and bell pepper to skillet -- fry and stir on high so as to cook quickly. Remove all from heat and set aside.

Brown left over cooked potatoes or use frozen hash browns, cooked until desired crispness. Salt and pepper to you taste. Divide in half and place on serving platters. Mix egg with half and half, salt and pepper to taste. Cook egg mixture into two separate omelets. Place on top of browned potatoes. Place one half of cooked fajita meat and cooked onions and peppers on top of omelet. Sprinkle with ¼ cup cheese on each platter of fajita platter. Serve with sour cream, guacamole, and salsa if you like.

### **Deviled Swiss Steak**

1 3 lb. beef round steak  
1 ½ tsp salt  
1 ½ tsp. dry mustard ¼ tsp pepper  
2 Tbsp. cooking oil  
1 can ( 6 oz. ) mushrooms  
1 Tbsp. Worcestershire sauce

Trim fat from meat. Combine salt, dry mustard, and pepper. Sprinkle over meat and pound with mallet. In electric skillet, brown steak slowly on both sides in hot oil. Drain off excess fat. Drain mushrooms, reserving ½ cup liquid. Add mushroom liquid and Worcestershire to skillet. Cover tightly and cook over very low heat (150 degrees) for 1 ¾ to 2 hours or until tender. Last few minutes, add mushrooms and heat through. Skim fat from sauce before serving.

### **Dinner in a Minute**

1 lb. ground beef  
2 cans (14.5 oz. each) stewed tomatoes  
1/4 cup dried minced onion  
1 Tsp. Salt  
1 tsp. Chili powder  
1/2 tsp. Pepper  
1/4 tsp. Sugar  
1 cup uncooked elbow macaroni

In the Electric Skillet, brown the hamburger. Drain the grease, and wipe the skillet dry. Return the hamburger to the skillet. Add tomatoes and seasonings; bring to a boil. Reduce heat to medium and simmer for 5 minutes. Stir in macaroni; Stir gently. Cover and simmer on medium, for 10-12 minutes. Simmer until macaroni is tender and sauce is thickened. Yield: 4 servings.

### **Double Dipped Fried Chicken**

3 1/2 pound frying chicken, cut into 8 serving pieces  
2 cups buttermilk  
1/4 cup water  
2 teaspoons red pepper sauce  
3 cups flour  
1 tablespoon kosher salt  
Fresh cracked black pepper, to taste  
1 tablespoon dried oregano  
1 tablespoon granulated garlic  
1 teaspoon paprika  
1 teaspoon cayenne  
4 cups peanut oil, for frying

Rinse the chicken pieces and pat dry with paper towels. In a shallow platter, combine the buttermilk, water, and red pepper sauce. Soak the chicken pieces, turn to coat, then cover, and refrigerate for at least 2 hours. If time allows, marinate the chicken for up to 24 hours because the buttermilk promotes tenderness. Place flour in a shallow platter. Season it by mixing in salt, pepper, oregano, garlic, paprika, and cayenne. Roll the marinated chicken pieces in the flour, a few at a time, until well coated. Then, dip chicken in the buttermilk bath again followed by another coat of seasoned flour. Allow the chicken to sit in the flour and dry out while preparing the oil, this will help the coating stay on better. The buttermilk will keep absorbing the seasoned flour, which then fries up to form a crunchy crust.

Heat oil in a large electric skillet to 350 degrees F. There should be about 1-inch of fat in the pan. Carefully add the chicken pieces in a single layer, skin side down. Do not crowd the pan or the temperature will plummet; make sure the fat continues to bubble around the chicken. Fry for 5 minutes, then turn the pieces over and fry the other side 5 minutes. Turn again, frying a total of 15 minutes. The turning will produce a golden-crisp skin with even color. Remove chicken to a plate lined with paper towels to drain. Do not put hot chicken directly in a bowl or container, the air can not circulate and the steam will cause the crust to fall off. Serve immediately or cool to room temperature.

Yield: 4 servings

### **"Dump" Chicken & Grapes**

1 1/2 Pounds Chicken Pieces -- (4 to 6)



1/2 cup apple juice  
1 teaspoon chicken bouillon  
1/4 teaspoon mint – crushed  
1 cup Seedless Grapes

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the SKILLET and turn to coat. Cover and cook on medium for 45-55 minutes or until chicken juices run clear.

Great with rice.

Per serving: 193 Calories (kcal); 12g Total Fat; (55% calories from fat); 15g Protein; 7g Carbohydrate; 70mg Cholesterol; 63mg Sodium

### **"Dump" Ham & Grapes**

1 Pound ham steaks -- (4 to 6)  
1/2 cup apple juice  
1 teaspoon chicken bouillon  
1/4 teaspoon mint – crushed  
1 cup Seedless Grapes

I spray the SKILLET with a little Pam. Place all ingredients the SKILLET. Cover, cook on medium for 20-25 minutes.

Per serving: 118 Calories (kcal); 3g Total Fat; (25% calories from fat); 15g Protein; 7g Carbohydrate; 34mg Cholesterol; 968mg Sodium

### **"Dump" Pork & Grapes**

1 1/2 Pounds pork chops -- (4 to 6)  
1/2 cup apple juice  
1 teaspoon chicken bouillon  
1/4 teaspoon mint – crushed  
1 cup Seedless Grapes

Spray The SKILLET with a little Pam. Place all items in a plastic bag and turn to coat. Dump into the Electric Skillet, spreading the pork chops apart. Cook 25-30 minutes on medium high until pork chops are no longer pink.

Per serving: 201 Calories (kcal); 11g Total Fat; (50% calories from fat); 18g Protein; 7g Carbohydrate; 56mg Cholesterol; 53mg Sodium

### **Drunken Dogs**

1 1/2 cup catsup  
1/2 cup firmly packed brown sugar  
1/2 cup bourbon  
1/2 cup water  
2 lbs all-beef wieners, cubed  
1 chopped onion

Combine catsup, brown sugar, bourbon and water in electric skillet. Add wieners and onion, stirring well. Cover and cook on low heat for 45 minutes to 1 hour.

### **Easy Pork Chops & Gravy**

4 boneless pork chops, 3/4 inch thick (about 1 pound)  
2 tbsp. all-purpose flour  
1 tbsp. vegetable oil  
1 can (10 1/2 ounces) Franco-American® Golden Pork Gravy  
4 cups hot cooked rice **OR** 4 servings corn bread

Coat the pork chops with flour. Place the pork chop in the Electric Skillet with oil and cook on medium high heat for 5 minutes. Turn chops and cook for 5 more minutes. Pour in gravy and continue cooking until chops are no longer pink. Remove and keep warm.

### **Easy Skillet Meal**

Makes: 6 Servings

1 pound ground beef  
1 (10.75 ounce) can condensed cream of celery soup  
1/2 cup water  
1/2 cup Ketchup  
1 tablespoon Worcestershire sauce  
2 (14.5 ounce) cans Diced Tomatoes Mexican Fiesta  
2 cups frozen diced potatoes (hash browns)  
1 cup American cheese, shredded

In an electric skillet, cook ground beef; drain well. Add soup, water, ketchup, Worcestershire sauce and Diced Tomatoes Mexican Fiesta. Heat to boiling. Stir in potatoes; cover and cook on low for 10 minutes or until potatoes are done. Top with cheese and serve.

### **Electric Skillet Baked Beans**

6 slices of cooked bacon (chopped)  
2 Large cans pork and beans  
4 Tbsp. Brown sugar  
1/2 tsp. Dry mustard  
1/2 Tbsp. onion (minced, or real)  
1/2 Cup ketchup

Stir all ingredients together. Simmer 30 minutes at 250 degrees in the electric skillet.

### **Electric Skillet Casserole**

1 lb. ground beef, uncooked  
6 potatoes, peeled and shredded  
6 carrots, shredded  
1 small onion, chopped  
1 can cream of mushroom soup

In an electric skillet, layer ground beef, potatoes, carrots and onion. Cover with soup. Cook 15 minutes at 350. Simmer 40 minutes. Do not stir.

### **Electric Skillet Casserole #2**

2 cube steaks, slice thin  
1/2 c. flour  
Salt & pepper  
2 tbsp. Oil  
1 beef bouillon cube

Dash of Worcestershire sauce  
1 c. med. egg noodles  
1/4 c. green pepper  
1/4 c. onion  
1/2 c. carrots  
1/2 c. celery  
1 garlic clove  
1/2 c. home canned tomatoes  
1 1/2 c. water

Cut 2 cube steaks into 1 pinch pieces. Dredge in flour, salt and pepper to taste. Brown steak in oil in the electric fry pan. Remove to dish. Put vegetable in skillet and stir for a few minutes. Add tomatoes, water and bouillon and sauce. Simmer until thickens. Cook noodles until firm, not mushy. Add to skillet and simmer at 200 degrees. Add meat and garnish with chopped green onions and serve from skillet.

### **Electric Skillet Chicken**

Chicken parts  
Lemon juice  
Salt to taste  
Chunks of pineapple  
1 tbsp. Butter

Place chicken parts on a large piece of foil. Sprinkle with lemon juice and salt to taste. Add several chunks of pineapple and butter. Seal the foil, leaving space at the top so it will baste itself while it cooks. Place in a preheated 350 degree electric skillet and cook for 1 hour.

### **Electric Skillet Coffee Cake**

Topping:  
1 c. brown sugar  
4 tbsp. flour  
1/2 c. chopped walnuts  
4 tbsp. melted butter  
1/2 tsp. cinnamon  
Cake:  
1 1/2 c. sifted all purpose flour  
1 c. sugar  
1 c. sour cream  
2 eggs  
1/2 tsp. vanilla or almond extract  
1/4 tsp. cinnamon  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. Salt

Mix topping ingredients together; set aside. In a large bowl, combine eggs, sour cream and vanilla, then add to sifted dry ingredients. Grease skillet AFTER heating to 250 degrees. Lightly sprinkle flour over skillet and spread the batter evenly in the pan. Cover, and bake for 50 minutes at 250 degrees, or until 'toothpick' test comes out clean. After baking, spread topping over cake and bake 10 minutes longer.

### **Electric Skillet Dinner**

6 strips bacon  
1 lb. ground beef  
4-6 Irish potatoes  
4-6 onions  
4-6 carrots  
1 bell pepper

Salt each layer. Cut bacon in 1 inch strips and line the electric skillet that has been preheated to 350. Put hamburger patties on top of bacon. Put sliced potatoes on top of hamburger. Add layer of sliced onions, chopped carrots and chopped bell pepper. Sprinkle with parsley if desired. Cook until bacon sizzles. Add 1/2 cup water; turn heat to 300 degrees. Cook 30-45 minutes or until tender.

### **Electric Skillet Entree Chicken Ala Queen**

2 (5 oz.) cans boned chicken  
2 c. uncooked elbo-roni  
1/2 c. minced onion  
1/2 c. cooking oil  
2 (8 oz.) cans tomato sauce  
1 1/4 c. water  
Salt and pepper to taste  
1/4 c. Cheddar cheese, grated  
1 green pepper, cut in rings

Dice boned chicken; set aside chicken in own juice. Sauté elbo-roni and onion in hot oil until roni turns slightly yellow. Add tomato sauce, water, salt, and pepper. Bring to boil; cover and simmer 15 minutes. Mix in chicken and juice. Simmer 5 minutes more. Sprinkle top with cheese and garnish with green pepper rings.

### **Electric Skillet One Dish Meal**

1 lb. Hamburger  
1 tbsp. Fat  
1 med. onion, finely chopped  
Salt and pepper to taste  
1 c. tomato juice  
1 (10 oz.) can condensed tomato soup, undiluted  
1 tsp. or tbsp. Sugar  
1 tsp. chili powder  
1 (8 oz.) box elbow spaghetti  
1/3 c. diced Cheddar cheese (Velveeta cheese works well)

Melt fat in electric skillet. Add hamburger, onion, salt and pepper. Cook over low heat until meat is lightly browned. Do not burn onion. Stir in tomato juice, tomato soup, sugar and chili powder. Simmer until thickened, stirring frequently.

Cook spaghetti as directed and drain. Add to meat mixture in electric skillet. Just before serving, cover meat and spaghetti mixture with Velveeta cheese and heat until cheese starts to melt. Can be served from skillet with crackers and relishes for a complete meal.

### **Electric Skillet Peanut Butter Fudge**

2 c. sugar  
3 tbsp. butter  
1 c. evaporated milk  
1 c. miniature marshmallows  
1 (12 oz.) jar crunchy peanut butter  
1 tsp. Vanilla

Set electric skillet at 340 degrees. Add sugar, butter and evaporated milk. Stir until mixture comes to a boil. Boil 5 minutes, stirring constantly. Turn off skillet. Add marshmallows, peanut butter and vanilla. Stir until marshmallows and peanut butter melt and blend into candy. Pour into lightly buttered 8 x 8 inch pan. Cool. Cut into 36 pieces.

### **Electric Skillet Pizza**

1/2 lb. ground beef  
1 1/2 c. buttermilk baking mix  
3/4 c. milk  
1 (16 oz.) can tomato sauce  
2 tsp. Oregano  
1 c. mushroom caps (opt.)  
1 c. shredded Mozzarella cheese

Brown ground beef in skillet, stirring until crumbly; drain. Combine baking mix and milk in bowl, mixing to form dough. Grease bottom and sides of cold 12 to 14 inch electric skillet. Press dough over bottom and sides of prepared skillet. Layer tomato sauce, ground beef, oregano, mushrooms and cheese over dough. Set temperature to 325 degrees. Bake covered for 20 minutes or until crust is brown

### **Electric Skillet Pork Chops**

6 pork chops, 1/4 inch thick  
4 big onions  
1 bag carrots  
8 big potatoes  
1 lg. can tomato sauce

Do not precook pork chops, put them right in electric skillet, then put layer of onions, then carrots, then dice up potatoes all over top, then put tomato sauce over all. Cook at 300 degrees for 1 hour.

### **Electric Skillet Pot Roast**

1 1/2 - 2 lb chuck roast (boneless)  
8 potatoes (small red are best)  
6 carrots cut in half  
4 medium white onions  
4 stalks celery cut into 1" pc  
6 oz. of Worcestershire Sauce  
Salt & pepper to taste

Set temp to 400F & when pan is hot, sear all sides of roast. Add 1" of water and reduce temp to 350F.

Add a dash of Worcestershire to the roast. Cover and cook for two hours.

During cooking time, periodically pour Worcestershire sauce over roast & add water as needed. After the first 1/2 hour, add the onions. After the 1st hour, add the rest of the veggies. The

veggies only take about 30-40 minutes to become tender. Roast is done when it suits you or in 2 hours or when meat thermometer reads 180F. When done, unplug pan, slice roast in the pan and let everyone enjoy. If desired add horseradish to your own plate. Good with warm bread/crusty rolls.

### **Enchilada Stew**

1 lb. hamburger  
1 onion, *chopped*  
1 (4 1/2 ounce) can *chopped* chilies  
1 can mild enchilada sauce  
10 1/2 ounces golden mushroom soup  
10 1/2 ounces cheddar cheese soup  
10 1/2 ounces cream of mushroom soup  
10 1/2 ounces cream of celery soup  
1 package plain Doritos

Brown hamburger and chopped onion in the Electric Skillet at 350 degrees. Pour off the grease. Place the remaining ingredients in the Electric Skillet (except the Doritos). Mix well. Cover and cook on 275 degrees for 20 minutes. Remove the cover, reduce heat to medium and add the Doritos. Stir gently. I leave the top off and let it cook for about ten more minutes on medium heat. If you stir, stir gently.

### **Fabulous Fast Shrimp**

1 tbsp. butter **OR** margarine  
2 stalks celery, chopped  
1/4 cup chopped green pepper  
1/4 cup sliced green onions  
1 lb. fresh large shrimp, shelled and deveined  
1 can (10 3/4 oz.) Campbell's® Cream of Chicken **OR** 98% Fat Free Cream of Chicken Soup  
1/2 cup water  
Dash of cayenne pepper  
Hot cooked rice  
Paprika

Heat butter in the Electric Skillet. Add celery, green pepper and green onions and cook until tender. Add shrimp and cook 3 to 5 min. or until done -- medium heat. Add soup, water and cayenne pepper and heat through (about 10 minutes on medium heat). Serve over rice. Sprinkle with paprika. Serves 4.

### **Fajitas**

2 Tbsp oil  
2 Tbsp lemon juice  
1 clove garlic, minced  
1 1/2 tsp seasoned salt  
1 1/2 tsp oregano  
1 1/2 tsp cumin  
1/2 tsp chili powder  
1/2 tsp paprika  
1/2 tsp crushed red pepper  
1 1/2 lb. steak or chicken, cut in strips  
1/2 cup cilantro (optional)  
1/2 cup chopped onions  
1 cup red peppers  
1/2 cup sliced green onions  
3 to 4 Tbsp oil  
8 tortillas

Marinate the meat in the marinade for at least an hour before beginning. In skillet, quickly sauté vegetables in oil until lightly browned. Remove from pan. Sauté meat 4 to 5 minutes. Return vegetables to pan and toss with meat. Spoon into tortillas.

### **Famous Sloppy Joes**

1 1/2 pounds ground beef  
1 onion, chopped  
1 red bell pepper, chopped  
1 (6 ounce) can tomato paste  
1 cup water  
3 cloves garlic, minced  
1 tablespoon chili powder  
1 teaspoon paprika  
1 teaspoon ground cumin  
1 teaspoon distilled white vinegar  
3 tablespoons brown sugar  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

In electric skillet over medium-high heat, sauté the ground beef for 5 minutes. Add the onion and red bell pepper; sauté for 5 more minutes, or until onion is tender. Drain the fat. Mix in tomato paste and water, stirring until paste is dissolved. Stir in garlic, chili powder, paprika, cumin, vinegar, brown sugar, oregano, salt and pepper. Continue to heat for 5 to 10 minutes, or until mixture is thick and stewy.

**Serves:** 8

### **Farmer's Skillet Supper**

1 lb. hamburger  
2 T. soy sauce  
4 T. butter  
Salt and pepper to taste  
1 medium onion, chopped  
3 eggs, beaten  
1 1/2 c. mixed vegetables  
1 c. original recipe Uncle Bens Wild Rice, cooked according to directions

Brown hamburger and onion at 350 degrees, drain fat. Add butter and soy sauce. Mix in vegetables and cook until soft, reducing the heat to 250 degrees. Add cooked rice. Beat eggs and pour over mixture. Stir-fry until eggs are well done. Serves 4-6.

### **Fiesta Skillet Spaghetti**

1/2 tsp olive oil  
1 lb ground chicken breast, skinless  
1/2 c onions, chopped  
1/2 c bell peppers, chopped  
15 ozs. tomato sauce  
4 c water  
1 envelope taco seasoning mix  
8 ozs, thin spaghetti, uncooked  
1/2 c fat-free cheddar cheese, shredded

Heat oil in an electric skillet over medium heat (275 degrees). Add chicken, onions, and bell peppers. Cook until chicken is no longer pink and vegetables are tender. Stir in water, tomato sauce and taco seasoning mix. Bring to a boil. Add the uncooked spaghetti. Reduce heat, cover and simmer until spaghetti is tender, about 25 minutes. Sprinkle with cheese.

### **Fireside Chili**

2 pounds beef stew meat, diced  
1 pound lean ground beef  
3 cups hot water  
1 can (8-oz.) tomato sauce  
2 onions, peeled and chopped  
1 jalapeño chile, seeded and minced  
2 cloves garlic, peeled and chopped  
1 teaspoon hot pepper sauce  
3 tablespoons chili powder  
1 tablespoon crushed dried oregano  
1 tablespoon ground cumin  
1 teaspoon paprika  
1 teaspoon dry mustard  
1 teaspoon salt  
1/4 teaspoon cayenne pepper

In the Electric Skillet, add the stew beef meat and hamburger and cook until browned. Drain the grease. Add the remaining two cups of water, tomato sauce, onion, jalapeño, garlic and hot pepper sauce. This will make your skillet rather full!! Bring to a boil over medium high heat.

Reduce heat and simmer for 30 minutes. Stir in chili powder, oregano, cumin, paprika, dry mustard, salt and cayenne pepper. Gently simmer for 30-40 minutes at about 200 degrees. Stir often so it does not stick or burn. Serve warm.

Makes 8 servings.

### **Fire Station Chili**

Serving: Serves: 8 to 10

2 tablespoons vegetable oil  
1 large onion – chopped  
3 garlic cloves, minced  
2 pounds of ground beef  
2 cans (16 ounces each) red kidney beans, drained  
1 can (28 ounces) crushed tomatoes  
1/3 cup chili powder  
1 teaspoon ground cumin  
1 teaspoon salt  
1 teaspoon pepper

In the Electric Skillet, heat the oil and sauté the garlic and onion until tender. Add the ground beef and cook until the hamburger is cooked thoroughly (at 350 degrees). Drain off any excess liquid. Add the remaining ingredients, mix well. Reduce the heat to medium-low (250 degrees), cover and simmer for 30, stirring occasionally.



**NOTE:** If you want to give this a spicy kick, add 1 tablespoon hot pepper sauce along with the tomatoes.

### **Franks 'N Beans Skillet Supper**

2 slices bacon  
6 frankfurters  
1/2 c. chopped onion  
1 c. Campbell's cream of chicken soup  
1/2 c. water  
3 c. sliced cooked potatoes  
1 c. cooked cut green beans  
1/8 tsp. leaf thyme, crushed in skillet

Cook bacon in skillet at 325 degrees; remove and crumble. Cut each frankfurter into thirds, In drippings, brown frankfurters and cook onion until tender. Stir in soup, water, potatoes, green beans, and thyme. Reduce heat to 225 and cook, stirring now and then. Garnish with crumbled bacon. Makes 4 servings.

### **French Chicken Stew** **4 servings**

1/2 cup dried navy beans, *soaked overnight and drained*  
2 cups water  
4 boneless skinless chicken breast halves, *cut in chunks*  
16 ounces canned tomatoes  
1/2 cup celery, *thinly sliced*  
1/2 cup *diced* carrots  
1/2 cup *chopped* onions  
1/8 teaspoon garlic powder  
1 bay leaf  
1/2 teaspoon dried basil, *crushed*  
1/8 teaspoon sage, *powdered*  
1/4 teaspoon paprika  
1/2 teaspoon dried oregano, *crushed*  
1 teaspoon chicken bouillon granules

Soak the beans overnight and drain. Place the beans, 2 cups of water, and other ingredients in the Electric Skillet. Cover, cook on medium high heat for 45 minutes (425 Degrees). Check often to see if you need to add more water. Discard bay leaf before serving.

### **French Dip Sandwiches**

4 pounds rump roast  
1-10 1/2 oz. can beef broth  
1 -10 1/2 oz. can condensed French onion soup  
1-12 oz. can or bottle beer  
6 French rolls  
2 tablespoons butter

Trim excess fat from the rump roast, and place in the Electric Skillet. Brown on all sides. Pour 1/2 cup of water around the Roast. Mix all the other ingredients together (except rolls and butter!!) and pour over roast. Cover and cook for 10 minutes on medium high heat, reduce heat to medium and cook for 10 more minutes. Uncover, stir the juice, turn the meat, making sure that the juice covers the meat. Cover, cook on medium heat for 10 more minutes. Cook for 50 minutes total or until desired doneness.

Preheat oven to 350 degrees. Split French rolls, and spread with butter. Bake 10 minutes, or until heated through. Slice the meat on the diagonal, and place on the rolls. Serve the sauce for dipping.

---I used a 14.5 oz. can beef broth. For the onion soup, I used 2 packets dried onion soup mix without adding any additional liquid. I sprinkled roast and liquid with fresh ground black pepper. I did not add any salt.

### **French Onion Soup**

10 sweet onions (like Vidalias) or a combination of sweet and red onions  
3 tablespoons butter  
1 teaspoon salt  
2 cups white wine  
10 ounces canned beef consume  
10 ounces chicken broth  
10 ounces apple cider (unfiltered is best)  
Bouquet garni; thyme sprigs, bay leaf and parsley  
1 loaf country style bread  
Kosher salt  
Ground black pepper  
Splash Cognac (optional)  
1 cup Fontina or Gruyere cheese, grated

Trim the ends off each onion then slice from end to end. Remove peel and finely slice into half moon shapes. Set electric skillet to 300 degrees and add butter. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.

Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency. Add consume, chicken broth, apple cider and bouquet garni. Reduce heat and simmer 15 to 20 minutes.

Place oven rack in top 1/3 of oven and heat broiler.

Cut country bread in rounds large enough to fit mouth of oven safe soup crocks. Place the slices on a baking sheet and place under broiler for 1 minute.

Season soup mixture with salt, pepper and cognac. Ladle soup into crocks leaving one inch to the lip. Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden, 1 to 2 minutes.

### **French Toast**

2 eggs  
1/2 cup milk  
1 tsp. vanilla  
3 Tbsp. all purpose flour  
1/8 tsp salt  
3 tsp. butter  
6 slices thick sliced French bread  
1 Tbsp. powdered sugar

Beat the eggs in a large shallow bowl. Add the milk, flour, and salt to the eggs. Beat the mixture with an electric mixer. Be sure all the flour is well combined. Heat electric skillet to 275 degrees. When the surface is hot, add about 1 tsp butter.

Dip the bread one slice at a time into the batter, be sure to coat each side well. Drop the bread into the hot pan, as many as will fit comfortably at one time. Cook for 2-3 minutes per side or until surface is golden.

Cut slices diagonally in two, arrange halves on plate, overlapping. Sprinkle with powdered sugar. Serve butter and syrup on the side.

### **Fried Chicken**

3 pounds chicken, cut up  
3 cups milk  
1/3 cup flour  
salt and pepper, to taste  
1/2 teaspoon paprika  
1/4 cup shortening

Dip the chicken pieces in one cup of the milk. Place the flour, salt, pepper, and paprika in a sack. Shake 2 chicken pieces at a time in the sack until well coated. Reserve remaining flour.

Melt the shortening in electric skillet is set at 300 degrees. Fry the chicken on one side 15 minutes, or until well browned. Turn with tongs and brown the other side. Season with salt and pepper and cover. Lower heat in electric skillet to 275 degrees, or to medium-low on burner; cook 20 minutes.

Remove and discard all but 3 tablespoons of the drippings. Measure 3 tablespoons reserved flour and add. Stir and cook until browned lightly. Lower heat to 225 degrees and stir in the remaining milk.

Cook, stirring, until gravy thickens. Serve separately.

### **Fried Green Tomatoes**

8 large green tomatoes, sliced 1/4 inch thick  
2 egg, beaten  
1/2 cup flour  
1 tsp. hot pepper sauce, or to taste  
1 tsp. Salt  
Pinch of black pepper  
2 cup fine bread crumbs  
Oil for frying

Coat tomato slices with flour, then dip in egg (seasoned with salt, pepper, and hot sauce) and finally in breadcrumbs. Using medium heat, brown on both sides in a skillet heated to 350 degrees with 1/2" of oil. Serve hot, with extra hot sauce, if desired.

### **Fried Okra**

1 pound tender okra  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1/3 cup yellow cornmeal  
1/4 cup bacon drippings, oil, or shortening

Wash the okra well and cut off the ends. Slice okra into 1/4-inch rounds. Combine the salt, pepper, and cornmeal. Toss the okra into the cornmeal mixture. Heat the bacon drippings, oil, or shortening in electric skillet (350 degrees). Add okra slices and sauté until they are tender and golden.

### **Fried Pies**

1 package dried peaches, apricots or apples (10-oz.)  
1/4 cup sugar  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 tablespoon lemon juice  
2 8" pie crust pastry dough

Cover peaches with water and cook for 15 minutes; drain. Mash peaches and add sugar, cinnamon, nutmeg and lemon juice.

Roll out pastry, and using a 6" saucer as a guide, cut out circles. Place about 2 tablespoons of fruit mixture on half of each circle and fold over. Dip fork into flour and crimp edges.

Fry in 1" of oil in an electric skillet until golden brown. Drain on paper towels. Serve warm (wonderful with butter on top) or cool.

Note: The dough for two 8" pies will make about 7 or 8 fried pies.

### **Fried Soft Crabs**

1 cup flour  
1 teaspoon seafood seasoning  
12 soft shell crabs, cleaned  
Fat or oil, for frying

Mix flour and seafood seasoning together in a bowl. Roll crabs in flour mixture to coat well. In large electric skillet, heat about 1/2" cooking oil to 375 degrees Fahrenheit. Add crabs and turn heat down to 350 degrees. Cook crabs about 5 minutes on each side. Serves 6 (2 crabs each).

### **Garden Skillet**

1/2 cup Butter  
1 cup Onion, thinly sliced  
1 Clove garlic, minced  
2 medium Zucchini  
1 medium Eggplant  
1/2 cup Flour, seasoned with 1/2 tsp salt and 1/8 tsp pepper  
2 Green Peppers, sliced  
2 Tomatoes, cut in wedges  
1/4 teaspoon Oregano  
1/2 teaspoon Garlic salt  
Salt and pepper to taste

Melt butter in electric skillet, sauté onion and garlic until tender. Cut zucchini into 1/2-inch slices. Peel eggplant and cut into 1/2-inch slices. Dredge zucchini and eggplant in flour. Add to onion skillet mixture with green peppers and simmer covered for 30 minutes. Add tomatoes, salt, oregano and pepper and cook 15 minutes longer. I keep my skillet at 250 degrees the whole time.

Serves 6.

### **Garlic Beef Patties with Vegetables**

1 pound lean ground beef  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/8 teaspoon pepper  
2 small onions -- cut into fourths  
1 small green bell pepper -- cut into 1/2-inch slices  
1 small yellow summer squash -- cut into 1/2-inch slices  
1 tablespoon chopped fresh oregano

Mix beef, salt, garlic powder and pepper. Shape mixture into 4 patties, each about 1/2 inch thick. Cook patties and onions in preheated electric skillet (300 degrees) about 5 minutes or until light brown; turn. Arrange bell pepper and squash around patties; sprinkle with oregano. Cover and cook about 8 minutes or until vegetables are crisp-tender and patties are no longer pink in center and juice is clear.

### **Garlic Dijon "DUMP" Chicken**

2 Cloves Garlic – minced  
4 Tablespoons Dijon Mustard  
2 Tablespoons Lime Juice  
1 1/2 Pounds Chicken Pieces

Spray skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet and cook at 350 degrees (covered) for 45 – 50 minutes.

Per serving: 177 Calories (kcal); 12g Total Fat; (62% calories from fat); 15g Protein; 2g Carbohydrate; 70mg Cholesterol; 180mg Sodium

### **Garlic Dijon "DUMP" Ham**

2 Cloves Garlic – minced  
4 Tablespoons Dijon Mustard  
2 Tablespoons Lime Juice  
1 Pound Ham Steaks

Spray the skillet with a little Pam. Place all ingredients the skillet. Cover, cook on medium for 20-25 minutes.

Per serving: 103 Calories (kcal); 4g Total Fat; (32% calories from fat); 15g Protein; 1g Carbohydrate; 34mg Cholesterol; 1086mg Sodium

### **Garlic Dijon "DUMP" Pork Chops**

2 Cloves Garlic -- minced  
4 Tablespoons Dijon Mustard  
2 Tablespoons Lime Juice  
1 1/2 Pounds Pork Chops

Spray skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet cook on medium high heat 30-40 minutes or until pork is no longer pink.

### **Garlic Shrimp & Pasta**

When you omit the butter, you can depend on the richness of Swanson® Chicken Broth to give full flavor to the garlic sauce.

2 tbsp. cornstarch  
1 can (14 oz.) Swanson® Chicken Broth (1 3/4 cups)  
2 cloves garlic, minced  
3 tbsp. chopped fresh parsley **OR** 1 tbsp. dried parsley flakes  
2 tbsp. lemon juice  
1/8 tsp. ground red pepper  
1 lb. medium shrimp, shelled and deveined  
4 cups hot cooked thin spaghetti, cooked without salt

Mix the cornstarch, broth, garlic, parsley, lemon juice and pepper in Electric Skillet. Heat to a boil, covered, on high heat. Cook and stir until mixture boils and thickens. Add the shrimp. Cook 5 min., medium high heat, until the shrimp is done. Toss with spaghetti. Serves 4.

### **Good For All Rice Dish Made In Electric Skillet**

1 c. rice, cooked (approx. 3 c.)  
1/2 head sm. cabbage, chopped  
1 med. onion (optional)  
1/2 green pepper, chopped  
3 eggs, scrambled  
1/2 lb. bacon, fried very crisp

Fry bacon in electric skillet. Remove bacon and pour off some fat if it seems too much. Add cabbage, onion and pepper and fry a little. Add eggs and then break up bacon and add. Last of all add cooked rice. Stir while adding each ingredient. Can be served with soy sauce if desired. This reheats so well in microwave or conventional oven. Also freezes well.

### **Glazed Beef Patties**

2 Tbsp Butter  
1 1/2 Pounds Ground Beef or Turkey  
3 Tbsp chopped Green Onions  
2 Tbsp Dried Parsley  
1 Clove Garlic, minced  
1 Egg  
1 Cup Bread Crumbs  
1/2 Cup Beef Broth  
1/2 Cup Tomato Juice

Preheat skillet to 325 degrees. Melt butter in skillet. Combine meat, green onions, parsley, garlic, egg, and breadcrumbs in a medium bowl. Form beef mixture into 4 patties. Add to skillet and brown on both sides, about 5 minutes per side. Add broth and tomato juice to skillet. Cook until beef is cooked through, about 5 minutes. Remove patties from skillet. Bring pan juices to a boil over high heat. Boil until reduced by half. Pour over patties.  
Serves 4

### **Glazed Pork Chop Casserole**

6 lean pork chops, 1 inch thick, trimmed well  
1 lg. onion, sliced thin  
1/2 tsp. Salt  
1/4 tsp. Pepper  
1 c. chicken broth (or 1 env. Instant chicken broth, or 1 chicken bouillon cube)  
2 tsp. prepared mustard (I use dark or Grey Poupon)  
1/4 c. water and some juice from chops

Brown chops in the Electric Skillet at 350 degrees. Remove the pork chops and wipe out the Electric Skillet (reserving the grease from the frying). Place onion slice on the bottom of the Electric Skillet. Top with the browned pork chops. Sprinkle with salt and pepper. Combine chicken broth, mustard, water, and pork chop juice in a cup and pour over chops. Cover. Cook on medium heat (275 degrees), for 25 minutes. Place a pork chop on plate on top of onions and spoon glaze over.

### **Golden Pork Chops & Potatoes**

4 pork chops  
4 sm. potatoes, sliced thinly  
1 sm. onion, sliced thinly  
Seasoned salt & pepper  
1 can Campbell's golden mushroom soup

Place the pork chops in the Electric Skillet that has been preheated to 350 degrees. Brown on both sides. Pour off the grease. Place sliced onions and potatoes in bottom of skillet. Add 1/2 cup of water. Salt and pepper the onions and potatoes. Arrange pork chops on top of potatoes and onions. Pour golden mushroom soup over top of chops. Place the top on the skillet, turn heat to medium high (275 degrees), and cook for 25 minutes (until pork chops are done and potatoes are tender). Once, during cooking, move pork chops and turn potatoes. Serves 4.

### **Green Chili Stew**

Serving Size : 4

2 pounds beef stew meat, cubed (can use pork)  
2 tablespoons oil  
3 each potatoes  
1/2 cup onion  
1 garlic clove, crushed  
2 teaspoons salt  
1 can (4 ounces) mild green chilies, diced

Cube meat, sprinkle with salt and place in the Electric Skillet with Oil. Cook at 350 degrees until meat is done. Dice potatoes and add to browned meat. Slice onions and add to the meat and potatoes. Add the garlic, salt, chilies and enough water to cover. It will have a soupy consistency. Cover and cook on medium heat for 25 minutes or until potatoes are done.

### **Goulosh**

1 LB ground beef  
1/4 package of macaroni noodles  
1 can Italian stewed tomatoes  
1 clove of garlic minced  
Italian seasoning  
1 onion (med. size) diced  
Salt and pepper  
Onion salt (Optional)  
Garlic salt (Optional)  
Oregano (Optional)

In an electric skillet, brown ground beef, onion, and garlic at 350 degrees. Drain well. Sprinkle as needed with salt pepper and other seasoning of your choice. Combine with cooked macaroni noodles and cooked stewed tomatoes. Add more seasoning if necessary. Cook for 40 minutes at 200 degrees.

### **Gumbo Rice**

1 can chicken gumbo soup  
1 cup rice  
1 can water  
1/4 to 1/2 cup butter

Place all ingredients in the Electric Skillet. Stir Well. Cover and cook on medium (250 degrees) for 15 minutes. Uncover, stir and cook for five more minutes --- stirring the rice gently.

### **Ham and Potato Skillet**

1/2 lb Ground fully cooked Ham  
1 c Sliced Celery  
2 c Chopped Potatoes  
1 c Fresh or frozen cut Green Beans  
1/2 c Chopped Onion  
1/2 c Water  
1/4 tsp. Dried Thyme, crushed  
1/8 tsp. Pepper  
1 tbsp. Grated parmesan cheese

Spray electric skillet with Pam. In the skillet cook ham, celery, and onion till vegetables are tender. Stir in potatoes; fresh green beans if using them; water; thyme; and pepper. Bring to boiling; reduce heat to 225 degrees. Cover and simmer for 20 minutes or till potatoes are tender and most of the liquid is absorbed. If using frozen green beans, add to ham and potato mixture the last 7 minutes of cooking. To serve, sprinkle with Parmesan cheese.

**Serves:** 3

### **Ham & Vegetable Skillet**

2 medium Potatoes cut in 1/2-inch cubes  
1 large Onion, chopped  
1 tablespoon Oil  
1 Green pepper, chopped  
1 Zucchini, chopped  
1 large Tomato cut in eighths  
2 cans Hormel Chunk Ham (5 oz each), drained and flaked  
1/2 cup grated Cheddar cheese

In electric skillet over med-high (275 degrees) cook potatoes and onions 5 minutes or until brown and almost tender. Add green pepper and zucchini. Cook 5 minutes or until crisp and tender. Add tomato and ham. Sprinkle with cheese. Cover 3 to 5 minutes or until cheese melts.

Serves 4.



### **Hamburger And Rice Casserole**

1 pound ground beef  
1 onion chopped  
2 cups water  
1 cup uncooked white rice  
1 can cream of mushroom soup  
1/2 cup sour cream

Cook ground beef and onion until brown in the Electric Skillet at 350 degrees until brown. Drain well. Add remaining ingredients mixing well. Cover, turn heat to medium (275 degrees) and cook for 30 minutes. Uncover, stir, and cook for five more minutes.

### **Hamburger And Vegetable Casserole**

4 lg. potatoes, sliced  
4 carrots, sliced  
1 can sweet peas, drained  
2 lg. onions, sliced  
1 1/2 to 2 lb. lean ground beef, browned and drained  
1 lg. can tomato soup  
Water to equal soup

Brown the ground beef in the Electric Skillet at 350 degrees. Remove and wipe the Electric Skillet clean. Place layers of the vegetables in the order given in the Electric Skillet. Season each layer with salt and pepper. End each layer with ground beef. Mix the soup and water and pour into the Electric Skillet. Cover and cook on medium heat (250 degrees) for 20 minutes. Uncover, stir lightly, and cook 10 more minutes.

### **Hamburger Hash - 5 Points**

1 Pound hamburger  
6 potatoes -- peeled and diced  
1 Small onion – diced  
1 Small green pepper – chopped  
1 Teaspoon garlic – minced  
Dash salt  
Dash pepper

Sauté burger with onion, pepper, and garlic in the Electric Skillet at 300 degrees. Add potatoes and remaining ingredients. Add ½ cup of water. Cover and cook on medium high heat for 20 minutes. Stir and cook five more minutes.

### **Hamburger Skillet Supper**

1 pound lean ground beef  
3 ounces top ramen noodles  
2 cups water  
2 cups frozen mixed vegetables -- thawed

In electric skillet, cook beef at 350 degrees until no longer pink; drain. Add noodles with the contents of the seasoning packet and water. Bring to a boil; cook for 3 minutes or until noodles are tender. Add the vegetables and cook until tender, about 3 minutes. Serves 4.

### **Hamburger Soup**

1 1/2 tablespoons butter  
1 medium onion, chopped coarsely

1 1/2 pound ground beef  
1 28 ounce can tomatoes  
3 cans beef consommé  
2 cans water  
4 medium carrots, quartered  
4 celery tops  
6 sprigs parsley  
1/2 teaspoon thyme  
10 peppercorns  
Salt and pepper to taste

Sauté the onion in the Electric Skillet with the butter until limp. Add ground beef and stir until it loses the raw look. Drain the Electric Skillet. Add the remaining ingredients to the skillet and cook on medium high (275 degrees) for 20-25 minutes. Serves 6 generously

### **Ham Skillet Gumbo**

2 cups diced cooked ham  
1 cup chopped green bell pepper  
1 cup chopped onions  
1 package frozen cut okra (10oz)  
1 can tomatoes (15oz)  
1 cup chicken broth  
1 cup water  
1 teaspoon salt  
1/4 teaspoon black or cayenne pepper  
1 cup uncooked rice

Combine all ingredients except rice in a large electric skillet; bring to a boil. Cover and simmer on 250 degrees for 10 minutes. Stir in rice and simmer, covered, 20 minutes longer, or until rice is tender.  
Serves 4.

### **Hash Brown Potatoes**

1 lg. package frozen hash brown potatoes  
1 small carton of sour cream  
1 med. diced onion  
1/4 c. margarine (cut up)  
1 can cream of mushroom soup  
1 c. grated cheese.  
1 can cream of celery soup

Mix in all ingredients reserving some of the cheese for the top. Generously spray the sides and bottom of the Electric Skillet. Place the potato mixture in the SKILLET. Cover and cook for 30 minutes on medium high heat (275 degrees). Add the cheese and cook for 10 more minutes or until potatoes are done.

### **Herbed Crab Cakes**

1 1/2 cups Pepperidge Farm® Herb Seasoned Stuffing  
2 eggs, beaten  
1/3 cup mayonnaise  
2 tsp. Dijon mustard  
1 tsp. Worcestershire sauce  
1 tbsp. chopped fresh parsley **OR** 1 tsp. dried parsley flakes  
1 can (16 oz.) refrigerated pasteurized crabmeat

2 tbsp. butter **OR** margarine  
Lemon wedges

Crush ½ cup stuffing. Mix lightly with the remaining stuffing, eggs, mayonnaise, mustard, Worcestershire, parsley and crabmeat. Shape into 6 patties, 1/2" thick. Coat with stuffing. Heat butter in the Electric Skillet. Place the patties in the skillet and cook on medium high heat (275 degrees), for five minutes on each side. Serve with lemon wedges. Serves 6.

### **Herb-wine "DUMP" Chicken**

1 cup Red Wine  
2/3 cup Vegetable Oil  
2 Cloves Garlic – crushed  
1/2 Lemon -- (sliced thinly)  
2 Tablespoons Minced Parsley  
1 Teaspoon Thyme  
1 Teaspoon Basil  
1/2 Teaspoon Salt  
1/4 Teaspoon Pepper  
1 1/2 Pounds Chicken Pieces

Spray skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet and cook at 350 degrees for 45-55 minutes or until juices run clear from chicken.

Per serving: 414 Calories (kcal); 36g Total Fat; (82% calories from fat); 15g Protein; 2g Carbohydrate; 70mg Cholesterol; 259mg Sodium

### **HoBo Beans (20-Minute Meal)**

1 lb. ground beef  
2 t. vinegar  
1 envelope onion soup mix  
1/2 c. water  
1 c. catsup  
2 T. brown sugar  
2 t. mustard  
2-16 oz. cans pork & beans, drained  
1-16 oz. can butter beans, drained  
1-16 oz. can kidney beans, drained

Brown beef in skillet at 350 degrees. Drain and add soup mix, stir well. Add remaining ingredients, cook over low heat (170 degrees) for 15 minutes. Serves 10.

### **Hobo Meatball Stew**

1 pound prepared meatballs (I buy the frozen ones)  
4 medium potatoes, cut into chunks  
4 medium carrots, cut into chunks  
1 large onion, cut into chunks  
1/2 cup catsup  
1/2 cup water  
1 1/2 teaspoon vinegar  
1/2 teaspoon dried basil  
1/2 teaspoon salt  
1/4 teaspoon pepper

Place potatoes, carrots and onions in the Electric Skillet. Cover with three cups of water. Cook on medium high heat for 10 minutes. Drain the water place the meatballs in the Electric Skillet.

Mix the remaining ingredients and pour over the meatballs. Cover and cook on medium high (275 degrees) for 15-20 minutes. Cook until veggies are tender.

### **Honey Garlic Wings**

3 pounds chicken wings  
1 tsp ground ginger  
3 garlic cloves  
1 Cup honey or brown sugar  
1/4 Cup soy sauce  
1 Tbsp. Vinegar  
1/2 Cup water

Trim pointy tips off each wing and discard them. Cut each wing in half at the elbow. Arrange them in the Electric Skillet. In food processor or blender, combine ginger, garlic, honey or brown sugar, soy sauce, vinegar and water. Whirl until smooth. Pour this mixture over wings and toss them around a bit until they're all coated. Cover, cook on medium heat (275 degrees), for 20 minutes. Turn them over in the sauce and cook for 10 more minutes. Eat from pan or serve with rice.

Makes 3 to 4 servings

### **Honey Ginger "DUMP" Chicken**

4 Tablespoons Chopped Onion  
1 1/2 Tablespoons Honey  
1 Tablespoon Soy Sauce  
1 Tablespoon Minced Ginger  
2 Tablespoon Sherry  
1/4 cup Chives  
1 1/2 Pounds Chicken Pieces

Spray skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet. Cook at 350 degrees for 45-55 minutes. Make sure juices run clear from chicken.

Per serving: 195 Calories (kcal); 12g Total Fat; (55% calories from fat); 15g Protein; 6g Carbohydrate; 70mg Cholesterol; 227mg Sodium

### **Honey Glazed "DUMP" Chicken**

1/4 cup Butter -- Melted  
1/8 cup Soy Sauce  
1/2 cup Honey  
1 1/2 Pounds Chicken Pieces

Spray skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet. Cook at 350 degrees for 45-55 minutes. Make sure juices run clear from chicken.

Per serving: 324 Calories (kcal); 19g Total Fat; (52% calories from fat); 15g Protein; 24g Carbohydrate; 91mg Cholesterol; 477mg Sodium

### **Honey Glazed "DUMP" Ham**

1/4 cup Butter -- Melted  
1/8 cup Soy Sauce

1/2 cup Honey  
1 Pound Ham Steaks

Spray the skillet with a little Pam. Place all ingredients the skillet. Cover, cook on medium for 20-25 minutes.

Per serving: 249 Calories (kcal); 11g Total Fat; (38% calories from fat); 15g Protein; 24g Carbohydrate; 55mg Cholesterol; 1382mg Sodium

### **Honey Mustard Chicken**

4 to 6 boneless skinless chicken breasts, or any pieces that you prefer  
3/4 cup Dijon mustard  
1/4 cup honey  
1 cup of water

Preheat skillet to 325 degrees. Put chicken in the skillet and season with Salt and pepper if desired. Mix mustard and honey and pour over chicken. Cover and cook for 30 minutes. Uncover, stir gently and make sure the juice is on the chicken, and cook for ten minutes more.

### **Honey Sesame "DUMP" Chicken**

1/2 cup Beer  
3 Tablespoons Sesame Seeds  
3 Tablespoons Honey  
2 Tablespoons Dijon Mustard  
1/2 Teaspoon Pepper  
2 Cloves Garlic -- crushed  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the SKILLET and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

### **Honey Sesame "DUMP" Pork Chops**

1/2 cup Beer  
3 Tablespoons Sesame Seeds  
3 Tablespoons Honey  
2 Tablespoons Dijon Mustard  
1/2 Teaspoon Pepper  
2 Cloves Garlic – crushed  
1 1/2 Pounds Pork Chops

Spray the skillet with a little Pam. Place all ingredients into large dish and turn well to coat. Transfer mixture to skillet and cook on medium high heat 30-40 minutes or until pork is no longer pink.

### **Hot Bean Dip**

10 1/2 oz. can Campbell's chili beef bean soup  
1/2 lb. hot pepper cheese, grated  
1 sm. to med. onion, chopped  
1/2 green pepper, chopped  
1/2 lb. Monterey Jack cheese, grated

Preheat skillet to 250 degrees. Spray the Electric Skillet with Cooking Spray. Spread in layers in the skillet starting with Bean Soup, the cheese, onion, pepper, and Monterey Jack. Cover and cook for 15 minutes. Should turn a golden brown. Serve hot with deli chips or tostito chips. This recipe can be doubled.

### **Hot Cheese Dip**

2 cans Campbell's Cheddar soup  
2 lb. Velveeta cheese  
1 1/2 c. chunky salsa  
1 lb. hot Italian sausage  
1 lb. Hamburger

Cook hamburger in the Electric Skillet. Drain and remove hamburger. Cook hot Italian sausage. Remove and drain. Place all ingredients back into the Electric Skillet. Cover and cook on medium heat (250 degrees) for 15 minutes. Every 3-5 minutes, uncover and stir so the cheese melts quicker. Serve hot with tortilla chips.

### **Hot-Sauced Fried Chicken**

Makes 6 to 8 servings

1 fryer (about 4 1/2 pounds), cut into 10 pieces  
1/2 cup hot sauce  
1/2 cup buttermilk  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 cups vegetable oil  
2 cups bleached all-purpose flour  
1 tablespoon Creole Seasoning

Put the chicken in a large mixing bowl, add the hot sauce, buttermilk, salt, and pepper, and stir to coat evenly. Cover and refrigerate for 8 hours, turning the chicken pieces several times.

Remove the chicken from the refrigerator. In an electric skillet, heat the vegetable oil to 360 F. Combine the flour and 2 teaspoons of the Creole seasoning in a large mixing bowl. Dredge several pieces of chicken at a time in the flour, coating evenly and shaking off any excess. Fry the chicken, 4 to 5 pieces at a time, in the hot oil until golden brown, about 6 minutes on each side. Drain on paper towels and sprinkle with the remaining 1 teaspoon Creole seasoning. Serve hot or at room temperature.

### **Hot Taco Dip**

3 cans chunky beef soup (Campbell's)  
1 lb. hamburger  
1 pkg. taco seasoning  
4 tbsp. taco sauce  
1/4 c. chopped black olives

1/4 c. chopped onion  
Grated Cheddar cheese  
Tostitos

Brown hamburger and onion in the Electric Skillet at 350 degrees. Cook until browned. Drain fat. Lower heat to 250 degrees. Food process soup (or mash with fork or potato masher) and mix with hamburger. Stir in taco seasoning, sauce and olives. Pour into the Electric Skillet. Cover and cook at 250 for 15 minutes. Top with cheese and cook five more minutes. Serve with Tostitos.

### **Hungarian Turkey Skillet**

1 1/4 pounds turkey thigh skinned, deboned and cut into 1/4-inch cubes  
2 cups Onions, cut into strips  
2 Green peppers, cut in strips  
1 Red bell pepper, cut in strip  
2 Tomatoes; peeled, diced  
1 cup water  
Salt & Pepper to taste

Combine all ingredients in electric skillet. Simmer, covered, 35 minutes or until meat is tender (at 275 degrees). Uncover and continue to simmer until sauce is thick. Serve over noodles or rice. Serves 4.

### **Hurry Up Chicken**

4 to 6 boneless chicken breasts  
1 can cream of mushroom soup  
1 can golden mushroom soup  
Preheat oven to 400°F.

Remove skin from chicken. Preheat skillet to 325 degrees. Combine both soups in large mixing bowl until well blended. Place the chicken in the Electric Skillet and pour the soup mixture over the top. Do not Mix. Cover and cook for 20 minutes. Take the cover off, spoon some of the soup on the chicken, recover and cook for 20 more minutes. Place chicken on serving plate and spoon the gravy into a bowl. Serve over rice or potatoes.

### **Italian Chicken & Rice Bake**

1 can Campbell's Tomato with Roasted Garlic & Herbs Soup  
2 cups water \*  
3/4 cup uncooked regular long-grain white rice  
4 boneless chicken breast halves  
2 tbsp. grated Parmesan cheese  
1 tsp. dried parsley flakes

MIX soup, water and rice and place in the Electric Skillet. Top with the chicken. Sprinkle with cheese and parsley. Cover, turn to medium high heat, and cook for 30 minutes. Open, stir and cook for 10 more minutes. Turn off heat and let stand 5 min.

Serves 4.

\*For saucier rice, increase water

### **Italian Skillet Sausage**

2 teaspoons olive oil -- divided  
1 pound Italian turkey sausage

1 egg -- beaten (or substitute)  
1 lemon peel -- grated  
6 tablespoons Italian bread crumbs  
2 cups plain tomato sauce  
3 basil leaves -- chopped  
1 pinch fresh minced oregano  
4 slices part-skim mozzarella cheese

Spray large electric skillet with cooking spray and add 1 teaspoon of the olive oil. Combine turkey sausage with egg and lemon peel; mix lightly. Sprinkle breadcrumbs on shallow plate. Shape 1/4 of meat mixture into flat patty and press into crumbs, lightly coating both sides. Make 3 more coated patties with remaining meat and crumbs. Brown patties in skillet over moderate heat, for about 2 to 3 minutes. Add remaining teaspoon of oil and turn to brown other side evenly. Mix tomato sauce with herbs. Top each with sauce and a slice of mozzarella.  
Serves 4.

### **Jalapeno Chicken**

1 lb. chicken tenders  
1 1/2 to 2 C. buttermilk  
1 (12 oz.) jar jalapenos with juice  
2 C. crumbled Ritz crackers  
1 tsp. seasoned salt  
1 tsp. granulated garlic  
Vegetable oil

Marinate chicken with buttermilk and jalapenos with juice for 4-5 hours. Dip chicken into cracker mix to coat. Coat the bottom of the Electric Skillet with Vegetable Oil. Place the chicken tenders in there and fry with on medium high heat. Fry for 10-15 minutes.

### **Jalapeño Jack Burgers**

1 lb. ground beef  
1/4 cup chopped hot jalapeño pepper  
8 slices Monterey Jack cheese (2 ounces)  
4 Pepperidge Farm® Round Sandwich Rolls, split and toasted

Mix beef and peppers thoroughly. Shape firmly into 4 patties 1/2-inch thick. Place patties on lightly oiled Electric Skillet. Cover, turn to medium high, and cook for 5-7 minutes on each side. Cook until no longer pink. The last few minutes of cooking, top each with 2 slices cheese. Cook until cheese is melted.

Place patties on rolls. Serve with additional pepper slices. Makes 4 sandwiches.

### **Kicked-Up Country Breakfast**

1/2 pound pork sausage, removed from casings  
1 tablespoon unsalted butter, more as needed  
1 cup chopped yellow onion  
1/2 cup chopped green or red bell peppers  
1 1/2 teaspoons Essence, recipe follows  
1/2 teaspoon hot sauce  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper



2 teaspoons minced garlic  
1 large Idaho potato, peeled and cubed  
1/4 cup chopped fresh parsley  
1 cup chicken stock  
4 large eggs  
1 cup shredded sharp cheddar  
Hot toast, or tortillas, accompaniment

Heat an electric skillet or large frying pan over medium-high heat. Add the sausage and cook, stirring to crumble, until browned, about 3 minutes. Add the butter, and when melted, add the onions, bell peppers, 1 teaspoon of the Essence, the hot sauce, salt, and pepper, and cook, stirring, until soft, about 4 minutes.

Add the garlic and cook for 30 seconds. Add the potatoes (and additional butter if needed to prevent sticking), and cook, stirring, until lightly browned, about 4 minutes. Add the parsley and chicken stock, stir well, and bring to a boil. Reduce the heat to low and simmer until the potatoes are soft and stock is absorbed, about 10 minutes.

With a spoon, make 4 indentations in the mixture, and break an egg into each. Cover and cook until the eggs are set, about 4 minutes. Sprinkle the eggs with the remaining 1/2 teaspoon of Essence and the cheese. Serve immediately with hot toast or tortillas.

Essence (Emeril's Creole Seasoning):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried leaf oregano  
1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup

### **Kickin' Skillet Chili**

3/4 pound ground beef  
1 onion chopped  
1 package pre mixed chili seasonings  
Pickled jalapenos to taste  
3 cans stewed tomatoes, Mexican flavor if possible  
1 can red kidney beans drained and rinsed

Toppings:

Sour cream, grated cheddar cheese, red onion

Heat electric skillet on medium high setting. Break apart ground beef and add to skillet. Cook for 3 minutes and stir in chopped onion. Cook until the beef is no longer pink. Stir in the chili seasonings and jalapenos and mix well. Add tomatoes and stir to combine. Simmer for 30 minutes on medium heat (250 degrees). Stir in red kidney beans and allow to simmer for 10 minutes. Serve hot with sour cream, grated cheddar cheese, and red onion. Yield: 2 - 3 servings

### **Kielbasa Skillet Stew**

5 bacon strips  
1 medium onion, chopped  
1 1/2 pounds fully cooked smoked sausage (Kielbasa)  
2 cans (15-1/2 oz each) great northern beans; undrained  
16 ounces tomato sauce  
4 ounces chopped green chiles  
2 carrots, (med) thinly sliced  
1/2 green pepper, chopped

1/2 teaspoon Italian seasoning  
1/2 teaspoon dried leaf thyme  
1/8 teaspoon pepper

In electric skillet, cook bacon until crisp (at 325 degrees); remove to paper towel to drain. In drippings, cook onion and sausage until the onion is tender; drain. Stir in remaining ingredients; bring to a boil. Reduce heat to 250 degrees; cover and simmer for 45 minutes or until vegetables are tender, stirring occasionally. Crumble bacon and sprinkle on top. Yield: 6-8 servings.

### **Lemon & Garlic "DUMP" Chicken**

2 Cloves Garlic -- chopped  
4 Tablespoons Olive Oil  
2 Tablespoons Chopped Parsley  
3 Tablespoons Lemon Juice  
1/8 Teaspoon Pepper  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 250 Calories (kcal); 21g Total Fat; (74% calories from fat); 14g Protein; 1g Carbohydrate; 70mg Cholesterol; 56mg Sodium

### **Lemon Marinade "DUMP" Chicken**

2/3 cup Lemon Juice  
1/4 cup Cider Vinegar  
1/4 cup Vegetable Oil  
2 Tablespoons Minced Onion  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 257 Calories (kcal); 21g Total Fat; (72% calories from fat); 14g Protein; 3g Carbohydrate; 70mg Cholesterol; 55mg Sodium

### **Loosemeat Sandwiches**

2 pounds ground beef  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 1/2 cups water  
1 onion, chopped  
24 slices dill pickle slices  
4 ounces prepared mustard  
8 hamburger buns

In electric skillet, preheated to 350 degrees, cook the ground beef until brown. Drain. Return to pan with salt, pepper, and water to cover. Reduce heat to low and simmer, uncovered, until water is gone, 15 to 30 minutes. 2. Serve meat on buns topped with chopped onion, dill pickle slices and mustard.

**Serves:** 8

### **Low-Fat Ham and Potato Skillet**

1/2 lb. ground fully cooked ham  
2 cups chopped potatoes  
1/2 c. chopped onion  
1/4 tsp. dried thyme, crushed  
1 tbsp. grated Parmesan cheese  
1 c. sliced celery  
1 c. fresh or frz cut Green Beans  
1/2 c. water  
1/8 tsp. pepper

Spray electric skillet with Pam. Preheat to 325 degrees. In the skillet cook ham, celery, and onion till vegetables are tender. Stir in potatoes, fresh green beans if using them, water, thyme and pepper.

Bring to boiling; reduce heat to 250 degrees. Cover and simmer for 20 minutes or till potatoes are tender and most of the liquid is absorbed. If using frozen green beans, add to ham and potato mixture the last 7 minutes of cooking. To serve, sprinkle with parmesan cheese.

Makes 3 servings. Calories...228...Fat...5 g...Carbs...25 g...Protein...20 g...Sodium...993 mg...Fiber...1 g.  
Points...5.

### **Low Fat Loose Meat Sandwiches - 4 Points**

32 ounces ground lean turkey or beef (90%)  
1 1/2 cups finely chopped onion  
2 cups Diet Coke  
2 teaspoons meat seasoning  
12 reduced calorie hamburger buns

Brown the meat and onion in the Electric Skillet at 350 degrees. Drain the grease. Add Diet Coke and meat seasoning. Mix well to combine. Lower heat to 250 degrees and simmer for 15 minutes until most of the liquid has evaporated, stirring occasionally. For each sandwich, fill a bun with about 1/3 cup of mixture.

Serves 12. Serving size (1 sandwich) 199 Cal, 7g Fat, 18g Pro, 16g Carb, 232mg Sod, 3mg Chol,

### **M&M Pancakes**

2 C. pancake mix (I use Bisquick)  
1 C. milk  
2 eggs  
1 Tbsp. Oil  
1 large package M&Ms

Lightly grease (cooking spray works great!) and preheat an electric skillet. Combine 1st four ingredients stirring until smooth. Spoon batter into hot skillet in small circles (about 1/4 c.) When bubbles appear, sprinkle a few M&Ms onto each pancake. Flip and cook a few more seconds. Serve immediately. (Be careful not to cook on M&M side too long.)

## **Macaroni Supper**

2 T. butter  
1 C. uncooked macaroni  
2 C. tomato juice  
1/2 lb. ground beef, uncooked  
1 onion, chopped  
1 tsp. salt  
1/2 tsp. pepper  
1 C. cheese, cubed

Melt butter in electric skillet heated to 330. Add macaroni and stir until well coated with butter. Add tomato juice and bring to rapid boil. Stir in ground beef, salt and pepper. Cover and reduce heat to 250. Cook 20 minutes. Add cheese so it will melt before serving. Double recipe for family-sized meal.

## **MAGIC FRIED CHICKEN**

***Makes 6 to 8 Servings***

3 tablespoons plus 1 teaspoon Chef Paul Prudhomme's Poultry Magic®  
1 (3- to 4-pound) frying chicken, cut into 8 pieces, all visible fat removed  
1 quart buttermilk  
1-1/2 cups all-purpose flour  
1-1/2 cups vegetable oil

Place the chicken pieces in a pan or shallow bowl, pour the buttermilk over, and let marinate 1 hour at room temperature. Sprinkle 2 tablespoons Poultry Magic all over the chicken pieces and pat it in well with your hands. Combine the flour and the remaining Poultry Magic in a shallow bowl.

Heat the oil in electric skillet over high heat until very hot. Dredge the chicken in the seasoned flour, shaking off the excess, and add to the oil, skin side down, in a single layer. Cover the skillet, reduce the heat to medium, and fry, checking occasionally to make sure the chicken is not burning, until browned on one side, about 5 to 6 minutes. (If the chicken seems to be browning too quickly, turn down the heat.) Turn the chicken pieces over, cover, and fry, checking occasionally, until a rich, golden brown. Remove from the skillet and drain on paper towels. Set the skillet, with the oil, aside.

## **Maryland Crab Cakes**

1 pound domestic Jumbo lump crab meat  
3 ounces white bread crumbs  
1/2 teaspoon salt (can substitute Old Bay - in most spice sections in grocery store)  
1/2 teaspoon white pepper (to taste)  
2 eggs  
1/2 tablespoons parsley  
2 ounces mayonnaise  
Optional Ingredients: 1 teaspoon Worcestershire sauce and 1 teaspoon Mustard

Put crabmeat in bowl. Carefully check for any shells. Put breadcrumbs on top of crabmeat. Put seasonings, salt & pepper, on top of breadcrumbs (Old Bay is optional). Add parsley. Mix eggs, mayonnaise (and optional mustard & Worcestershire sauce). Add egg mixture to crab meat. Gently work all the ingredients evenly. Be careful not to break apart lumps. Form into crab cakes or crab balls

Melt a little butter in the Electric Skillet. Place the Crab Cakes in the Electric Skillet, cover, cook on medium high heat for 10 minutes. Turn and cook for 5 more minutes.

## **Maryland Crab Cakes #2**

1 1/2 pounds lump crab meat, picked over and flaked  
3 green onions, with tops, finely chopped (6 tablespoons)  
1/4 cup minced parsley  
3 tablespoons plain low-fat yogurt  
3 tablespoons fresh lemon juice  
2 cloves garlic, minced  
1 1/2 teaspoons dry mustard  
1 1/2 teaspoons Old Bay or Creole seasoning (optional)  
1 1/2 teaspoons Worcestershire sauce  
1/4 teaspoon salt, or to taste  
1/2 teaspoon hot red pepper sauce  
1 cup plain dry bread crumbs  
3 large egg whites  
4 tablespoons vegetable oil  
3 large unpeeled lemons, thinly sliced to garnish

In a large bowl, lightly toss the crab with the green onions, parsley, yogurt, lemon juice, garlic, mustard, Old Bay seasoning if you wish, Worcestershire, salt, and red pepper sauce. Stir in 1/4 cup of the breadcrumbs.

In a small, clean bowl, beat the egg whites with an electric mixer on High until soft peaks form, then fold into the crab mixture. Form the mixture into 4-inch-round patties, about 1 inch thick. On a piece of wax paper, spread the remaining 3/4 cup of bread crumbs and use to coat each patty. Refrigerate for 1 hour.

In a electric skillet, heat 1 tablespoon of the oil over moderately high heat (275 degrees). Cook the crab cakes for 3 minutes on each side or until brown, adding the remaining 3 tablespoons of oil as needed. Serve with the lemon slices and Tartar sauce.

## **Meatball Parmesan Sandwiches**

2 cups Prego® Pasta Sauce with Fresh Mushrooms  
1 lb. frozen fully cooked meatballs (about 16 meatballs, 1-ounce each)  
1 cup of water  
4 long hard rolls, split  
1 cup shredded mozzarella cheese (4 ounces)  
Grated Parmesan cheese

In the Electric Skillet, combine water, Prego sauce and meatballs. At 325 degrees, heat to boiling. Reduce heat to 225. Cover; cook 15 min. until meatballs are heated through, stirring occasionally. Serve on rolls. Sprinkle with mozzarella and Parmesan cheeses. Serves 4.

## **Mediterranean Skillet Steaks**

Makes 4 Servings

2 lean beef rib eye steaks, 1 inch thick ( 8 oz. each )  
1 ½ tsp. dried oregano, crushed

1 tsp. dried basil crushed  
½ tsp. salt  
¼ tsp. freshly ground black pepper  
1 Tbsp. extra-virgin olive oil  
3 garlic cloves, pressed or minced  
2 Tbsp. crumbled feta cheese  
1 Tbsp. fresh lemon juice  
1 Tbsp. chopped pitted kalamata olive

Sprinkle both sides of the steaks with the oregano, basil, salt, and pepper. Rub the seasonings into the meat. Combine the oil and garlic in electric skillet. Cook over medium heat (275 degrees) for 1 minute, or until the garlic starts to sizzle. Add the steaks to the skillet and cook for about 5 minutes on each side until medium-rare. Remove from the heat and sprinkle with the feta, lemon juice, and olive. Cut each steak in half before serving.

### **Mexicotti**

12 oz ground beef, extra lean  
1/2 c onion -- finely chopped  
2 tsp chili powder  
1 tsp cumin powder  
1/2 tsp salt  
1/2 tsp black pepper -- ground  
19 oz red enchilada sauce  
10 oz green chili enchilada sauce  
10 oz diced tomatoes and green chilis -- (Rotel type)  
8 oz manicotti -- dry  
8 oz light Mexican cheese blend -- grated

In a large mixing bowl, combine ground beef, onion, chili powder, cumin, salt and pepper. Set aside.

In a separate large mixing bowl, combine enchilada sauces and tomatoes and green chilies. (If the recipe proves too "hot" for you, try using chopped tomatoes.) Spread about 1/3 of this mixture in cold electric skillet. Set aside.

Stuff manicotti shells with ground beef mixture. Arrange shells in electric skillet. Pour remaining sauce mixture over tamales. Cover. Turn skillet to 225 degrees and cook for 45 minutes.

Turn skillet off. Sprinkle cheese over tamales and replace cover. Let stand 10-15 minutes.

Serving Ideas : Serve with refried beans. NOTES : 350 calories 9 g fat 1.5 g fiber 7 points

### **Mexican Chicken Skillet**

4 small, skinless boneless chicken breast halves  
2 tsp. cooking oil  
1/3 c. sliced green onions  
1 clove garlic, minced  
1 tsp. chili powder  
1 1/2 oz. can tomatoes, cut up  
1 1/4 c. chicken broth  
3/4 c. long grain rice  
1/4 c. salsa

Sour cream

In a large electric skillet quickly brown chicken breast halves in hot cooking oil on 300 degrees, turning once. Remove chicken from skillet. Add green onions, garlic, chili powder, to skillet. Cook and stir 1 minute.

Carefully stir undrained tomatoes, chicken broth, and long grain rice into vegetables in skillet. Return skillet to heat and bring to a boil. Arrange chicken breast halves on top of rice mixture. Reduce heat to 250 degrees. Cover and simmer for 15 to 20 minutes or until liquid is absorbed and rice tender. Spoon salsa over chicken. Cover and heat for 1 more minute. Serve with sour cream. Makes 4 servings

### **Midwest Chicken And Gravy**

1-1/2 pounds of chicken thighs, skinned.  
1/2 cup flour  
1 1/2-2 tablespoons seasoning salt  
1 tablespoon paprika  
1 teaspoon oregano  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder or onion flakes  
1/2 teaspoon poultry seasoning  
1/2 teaspoon of sugar (optional)  
Dash of pepper  
1/2-3/4 cup of chicken broth

Combine dry ingredients in plastic mixing bag. Place chicken pieces, one piece at a time, in bag and shake to coat. Place the coated chicken in the Electric Skillet. Shake remaining dry ingredients over chicken. Add chicken broth. Cook, medium high heat (300 degrees) for 50 minutes or until chicken juices run clear. Baste occasionally. Serve over rice.

### **Mushroom Garlic Chicken**

1 Tbsp. oil  
4 boneless and skinless chicken breasts  
1 can (10 3/4 oz.) Campbell's Cream of Mushroom with Roasted Garlic Soup  
1/2 can milk (use soup can)

In the Electric Skillet, brown chicken in heated oil until chicken is browned but not cooked through. Add soup and the milk. Cover and cook at 350 degrees 25 minutes until chicken is done. Serve over cooked rice. Side dish can be green beans or LeSeur peas and serve french bread. Super simple and super fast. Supposedly, regular cream of mushroom doesn't give it a good flavor like the kind with roasted garlic does.

### **Mustard Pork Chops**

3 tbsp. Cornstarch  
1 can (14 oz.) Swanson® Beef Broth  
1 tbsp. spicy brown mustard  
6 boneless pork chops, 3/4" thick  
2 cups sliced mushrooms  
1 medium onion, sliced  
6 cups hot cooked rice, cooked without salt

Mix cornstarch, broth and mustard. Spray the Electric Skillet with vegetable cooking spray and heat for one minute. Add chops and cook until browned (medium high heat). Remove chops.

Add mushrooms and onion and cook until tender. Add the cornstarch mixture. Cook and stir until mixture boils and thickens. Return chops to skillet. Cover and cook on medium for 15 minutes at 250 degrees until the pork chops are done. Serve with rice. Serves 6.

### **Nachos Supreme**

Taco-seasoned ground beef simmered with tomato and rice is topped with salsa, cheese and lettuce for a tortilla chip-dipping meal.

1 lb. ground beef  
1 pkg. (1.25 oz.) taco seasoning mix  
1 can (10 3/4 oz.) Campbell's® Tomato Soup  
1 1/2 cups water  
1 1/2 cups uncooked Minute® White Rice  
Pace® Chunky Salsa  
Shredded Cheddar cheese  
Shredded lettuce  
Tortilla chips

Brown the beef and taco seasoning in the Electric Skillet until done. Pour off fat. Add soup, water and rice. Cover and heat to a boil. Reduce heat to medium (250 degrees), and cook for 10 minutes. Turn heat off and top with salsa, cheese and lettuce. Serve with tortilla chips for dipping. Serves 4.

### **Old Tavern Corn Fritters**

1 cup all-purpose flour  
1 1/2 tsp. baking powder  
2 eggs  
1/3 cup milk  
1 can (15 1/4 oz.) whole kernel corn, drained  
1 Tbs. butter or margarine, melted  
Oil for deep fat frying  
Confectioners' sugar  
Maple syrup, warmed

In a bowl, combine flour and baking powder; set aside. In another bowl, beat the eggs and milk; stir in corn and butter. Stir into dry ingredients just until blended. In electric skillet, heat oil to 375 F. Drop batter by heaping teaspoonfuls into hot oil; fry for 2-3 minutes or until golden brown. Drain on paper towels. Dust with confectioners' sugar. Serve with syrup. Makes about 2 dozen.

### **One Skillet Breakfast - A La Animal**

1 lg. Skillet  
3/4 of pkg. hashbrown O'Brien  
1/4 c. butter  
1/2 c. chopped onions (optional the O'Brien's have onions I like extra)  
1 c. chopped ham  
8-10 lg. Eggs  
1/4 c. milk  
1 c. shredded med. Cheddar (or choice of cheese)  
Season to taste

Preheat skillet to 275 degrees. Add 1/4 cup butter. Melt. Add 1/2 cup chopped onions and sauté. Add hash brown O'Brien and ham. Cook mixture until potatoes are light brown. Whip eggs and milk and seasoning. Add to potatoes and ham. Stir gently and turn heat to low and let set covered until eggs are done. Take cheese and spread over the top and let set until melted.



### **One-Skillet Spaghetti**

1 lb Ground beef  
2 Medium onions, chopped  
1 can Tomatoes(28 oz)  
3/4 cup Chopped green pepper  
1/2 cup Water  
1 can Mushroom stems/pieces(4 oz)  
2 tsp. Salt  
1 tsp. Sugar  
1 tsp. Chili powder  
1 package Thin spaghetti(7 oz)  
1 cup Shredded Cheddar cheese

Cook and stir meat and onions in electric skillet at 350 degrees until meat is brown. Drain off fat. Turn heat to 275 degrees. Stir in tomatoes (with liquid) and remaining ingredients except Cheddar cheese; break up tomatoes.

Heat mixture to boiling. Reduce heat; cover and simmer, stirring occasionally, until spaghetti is tender, about 30 minutes. (A small amount of water can be added if necessary.) Sprinkle with cheese. Cover and heat until cheese is melted.

### **Oriental Spare Ribs**

4 lb. spare ribs  
1 tsp. dry mustard  
1/2 cup soy sauce  
1 clove garlic  
1/4 cup honey

Combine all ingredients and place in skillet. Cook in a electric skillet at 225 degrees, covered, REAL SLOW for 2 hours. Do not let it boil, turn the ribs occasionally. Make sure it stays at a simmer.

### **Outback Steakhouse Coconut Shrimp**

1 1/2 lb large raw shrimp  
1/2 c all-purpose flour  
1/2 c cornstarch  
1 T salt  
1/2 T white pepper  
2 T vegetable oil  
1 c ice water  
oil for deep frying  
2 c short shredded coconut  
1/2 c orange marmalade  
1/4 c Grey Poupon country mustard  
1/4 c honey  
3-4 drops Tabasco sauce

Peel, devein & wash shrimp. Dry well on paper towels. Set aside. In a bowl, mix all dry ingredients for batter. Add 2T oil & ice water. Stir to blend. To fry: heat oil to 350 in electric skillet. Spread coconut on a flat pan a little at a time, adding more as needed. Dip shrimp in batter, then roll in coconut. Fry in hot oil until lightly browned, about 4 minutes. Bake at 300 5 minutes to finish cooking of the shrimp. Serve with sweet & sour sauce or the following sauce: Combine marmalade, Grey Poupon mustard, honey & Tabasco sauce to taste.

## **Paella**

Yield: 6 Servings

1 Chicken cut up (Or 4 thighs -and legs)  
Salt and pepper to taste  
1 lb Lean pork cut into 1-inch -cubes  
1 med. Onion minced  
2 cloves garlic minced  
1/2 lg Bell pepper –cut into strips  
1 lg Carrot  
1 Stalk celery  
1 cup Frozen green peas  
1 1/2 lb Peeled shrimp  
1 3/4 oz Jar sliced pimento  
2 tsp. Capers with juice  
4 oz Jar pimento-stuffed green -olives  
1/2 lb Calamari (squid) cleaned -and sliced  
5 c Water  
4 Chicken bouillon cubes  
1 tsp. Saffron threads  
2 1/2 cup Uncle Ben's (c) rice -uncooked  
3 Hard boiled eggs sliced  
1/2 lb Unpeeled shrimp (heads on)  
Oil for frying

In a large electric skillet brown the chicken pieces (that have been seasoned with salt and pepper) in a little oil at 350 degrees. Remove from the pan. Add the pork cubes to the drippings and brown for about 5 minutes. Remove from the pan. To the pan drippings (add a little more oil if necessary) add the onion garlic bell pepper celery and carrot. Stir-fry for 2 minutes. Add the peas, peeled shrimp, pimentos, capers, chicken, calamari, and pork. Stir.

In a separate pot bring the 5 cups of water to a boil; stir in the bouillon cubes and saffron. Let it stand for 5 minutes until dissolved. Gently stir the rice into the skillet mixture. Slowly pour in enough of the bouillon mixture to cover the rice and chicken pieces. Cover and cook over low heat (175 degrees) for about 20 minutes. Uncover and decoratively arrange the egg slices and raw unpeeled shrimp on the top. (Add more broth as necessary to keep the rice moist. Cover and steam for another 10 minutes until the shrimp are cooked and the rice is tender. (Paella should be moist but not wet!)

## **Papaya "Dump" Chicken**

1 1/2 Pounds Chicken Pieces  
1/3 cup Papaya Nectar  
1 tablespoon Soy Sauce  
2 teaspoon honey  
1 1/2 teaspoon ginger -- grated  
1 Papaya -- peeled, seeded, chopped

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 205 Calories (kcal); 12g Total Fat; (51% calories from fat); 15g Protein; 10g Carbohydrate; 70mg Cholesterol; 229mg Sodium

## **Patties Parmigiana**

1 1/2 lb Ground Beef; \*  
1 tsp. Salt

1/4 tsp. Pepper  
1/4 cup Cornflake Crumbs  
8 oz Tomato Sauce; 1 can  
6 ea Mozzarella Cheese; Slices,\*\*  
1/4 cup Onion; Finely Chopped, 1 Sm.  
1 tsp. Worcestershire Sauce  
1/2 cup Parmesan Cheese; Grated  
1 ea. Egg; Large, Slightly Beaten  
1 tsp Italian Seasoning

Preheat electric skillet to 325 degrees. Mix the meat, onion, salt, Worcestershire sauce, and pepper together. Shape the mixture into 6 patties, each about 3/4-inch thick. Mix Parmesan cheese and cornflake crumbs. Dip the patties into the egg, then coat them with the cornflake mixture.

Brown the patties in skillet, turning once. Drain off the excess fat. Mix the tomato sauce and Italian seasoning and pour over the patties in the skillet. Cover and simmer at 250 degrees for 15 minutes. Top each patty with a slice of cheese and cover. Heat until the cheese is melted, about 2 minutes. Serve the leftover sauce over the patties.\*If the ground beef is lean, it may be necessary to add a small amount. \*\*Cheese slices should be 3 inches square.

**Serves: 6**

### **Peachy "Dump" Chicken**

1 1/2 Pounds Chicken Pieces -- (4 to 6)  
1/2 tablespoon orange peel -- grated  
1/3 cup orange juice  
1 tablespoon Soy Sauce  
2 teaspoon honey  
1 1/2 teaspoon ginger -- grated  
1 Medium Peach -- peeled, seeded, chopped

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 191 Calories (kcal); 12g Total Fat; (55% calories from fat); 15g Protein; 6g Carbohydrate; 70mg Cholesterol; 227mg Sodium

### **Peachy "Dump" Ham**

1 1/2 Pounds Ham Steaks -- (4 to 6)  
1/2 tablespoon orange peel -- grated  
1/3 cup orange juice  
1 tablespoon Soy Sauce  
2 teaspoon honey  
1 1/2 teaspoon ginger -- grated  
1 Medium Peach -- peeled, seeded, chopped

Spray skillet with a little Pam. Place all ingredients in the skillet. Add 1/2 cup water along with the rest of the above ingredients. Cover, cook on medium for 20-25 minutes.

Per serving: 162 Calories (kcal); 5g Total Fat; (27% calories from fat); 23g Protein; 6g Carbohydrate; 51mg Cholesterol; 1612mg Sodium

### **Pepper-lime "DUMP" Chicken**

1/2 Teaspoon Lime Peel  
2 Cloves Garlic -- minced  
1/4 cup Lime Juice  
1 Teaspoon Pepper  
1 Tablespoon Vegetable Oil  
1 Teaspoon Basil  
1/4 Teaspoon Salt  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 193 Calories (kcal); 14g Total Fat; (65% calories from fat); 15g Protein; 2g Carbohydrate; 70mg Cholesterol; 144mg Sodium

### **Pepper Steak....5.5 Points**

10 ounces onion soup, condensed -- + 1 can water  
1/2 cup green bell pepper -- chopped  
1 cup chopped onion  
2 cups fresh mushrooms  
12 ounces round steak -- trimmed, strips  
1 teaspoon olive oil  
2 teaspoons soy sauce, Tamari -- or to taste  
1 tablespoon flour -- blend w/water  
Salt and pepper to taste

Lightly spray the Electric Skillet with Cooking Spray. Preheat to 350 degrees. Add the oil and the beef strips === brown well. Add onions, mushrooms and green pepper, and sauté with meat until onions are translucent. Add the soup, water, soy sauce and seasonings. Cover, cook at 250 degrees for 20 minutes. Remove the cover and mix the flour and water to make a smooth paste. Stir into simmering meat mixture. Cover and cook until thickened. Serve over hot rice with fresh steamed green beans on the side.

4 servings @ 5.5 Points each

### **Peppery Chicken**

3 Points

4 skinless, boneless chicken breast halves (4 oz. each), pounded 1/4 inch thick  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 cups thinly sliced mushrooms  
3/4 cup dry white wine or reduced-sodium chicken broth  
2 tablespoons chopped parsley, divided  
1/4 teaspoon crushed hot red pepper flakes (optional)  
4 lemon wedges for garnish

Season chicken with salt and black pepper. In the Electric Skillet, preheated to 325 degrees, combine chicken, mushrooms, wine, 1 tablespoon of parsley, and red pepper flakes. Cover and bring to a boil; reduce heat to low (200 degrees). Cover, and simmer until chicken is cooked through and no longer pink, about 25 minutes. Spoon chicken mixture on serving plates. Sprinkle with remaining parsley. Garnish with lemon wedges. Serve immediately. Makes 4 servings.

## **Perfect Southern Fried Chicken**

Two 3-pound chicken fryers  
2 cups all-purpose flour  
Salt and black pepper to taste  
1 cup milk  
Crisco vegetable shortening  
1 tablespoon bacon grease

Cut the chicken carefully and evenly into serving pieces, taking great care to keep the skin of each piece intact, and rinse under running water. In a heavy brown paper bag, combine the flour and salt and pepper and shake till well blended. Pour the milk into a soup bowl.

Set an electric fry pan at 375°F fill half full of melted Crisco, and add the bacon grease. When a drop of water flipped into the fat sputters, dip some of the chicken pieces into the milk then place in the bag. Shake vigorously to coat evenly, shake the excess flour back into the bag, and arrange the pieces in the fat, making sure not to overcrowd the pan. Fry the chicken till golden brown and crisp, 15 to 20 minutes, turn with tongs, reduce heat to 350°F. and fry till golden brown, about 15 minutes longer. (Turn the chicken only once.) Drain on another paper bag and repeat the procedure with the remaining chicken, adding a little more shortening and bacon grease if necessary and maintaining the heat at moderate.

Transfer the chicken to a large platter and do not cover. Serve warm or at room temperature.  
Serves 8

## **Philadelphia Cheese Steak Sandwich**

Nonstick butter-flavored cooking spray  
1 cup thinly sliced onion rings  
1/2 cup thinly sliced green bell pepper  
1/2 cup thinly sliced red bell pepper  
12 ounces Swanky Flanky steak -- very thinly sliced  
4 French or hoagie-style rolls -- halved lengthwise  
4 ounces cheddar thinly sliced

Coat the Electric Skillet with non stick spray. Preheat to 325 degrees. Add onion and bell peppers. Cook, stirring constantly, 2 to 3 minutes, adding a little water from time to time to prevent sticking and over browning. Add the Swanky Flanky Steak and a little water. Cover, cook on low for 5 minutes, stirring often. Preheat broiler. Divide sliced flank steak over opened rolls. Cover with onion mixture. Top with cheese. Broil, close to heat source, 1 minute or until cheese is melted and bubbly.

## **PICANTE SUPER SKILLET NACHOS**

1 lb Ground beef  
1 Medium onion, chopped  
2 cup Pace Picante Sauce  
1 can (15 oz) pinto or black beans Rinsed and drained  
1 tsp Chili powder  
1 large Tomato, chopped  
1 large Avocado, seeded and diced  
1/2 cup Sliced ripe olives  
1 cup Shredded cheddar cheese  
1 cup Sour cream, as desired  
Tortilla chips and/or Warmed flour tortillas

Preheat electric skillet to 350 degrees. Brown meat with onion; drain. Add Pace Picante Sauce, beans and chili powder; bring to a boil. Reduce heat to 250 degrees and simmer uncovered 5 minutes. Stir in tomato, avocado and olives and turn off heat. Sprinkle with cheese; spoon sour cream onto center of meat mixture. Place a row of tortilla chips around edge of skillet; serve immediately with additional tortilla chips, flour tortillas and additional Pace Picante Sauce.

### **Pineapple "Dump" Chicken**

1 1/2 Pounds Chicken Pieces  
1/2 cup onion -- chopped  
1/4 cup margarine -- melted  
1 cup catsup  
1 cup Pineapple Preserves  
2 teaspoon Dry Mustard

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 283 Calories (kcal); 19g Total Fat; (61% calories from fat); 15g Protein; 12g Carbohydrate; 70mg Cholesterol; 618mg Sodium

### **Pineapple "Dump" Ham**

1 Pound Ham Steaks  
1/2 cup onion – chopped  
1/4 cup margarine – melted  
1 cup catsup  
1 cup Pineapple Preserves  
2 teaspoon Dry Mustard

Spray skillet with a little Pam. Place all ingredients the skillet. Cover, cook at 275 degrees for 20-25 minutes

Per serving: 209 Calories (kcal); 11g Total Fat; (47% calories from fat); 16g Protein; 12g Carbohydrate; 34mg Cholesterol; 1524mg Sodium

### **Pineapple "Dump" Pork**

1 1/2 Pounds Pork Chops  
1/2 cup onion – chopped  
1/4 cup margarine – melted  
1 cup catsup  
1 cup Pineapple Preserves  
2 teaspoon Dry Mustard

Spray skillet with a little Pam. Place all ingredients the skillet. Cover, cook at 275 degrees for 20-25 minutes

Per serving: 292 Calories (kcal); 19g Total Fat; (58% calories from fat); 18g Protein; 12g Carbohydrate; 56mg Cholesterol; 608mg Sodium

### **Pork Chop Dinner**

6 whole Pork loin chops – browned  
1 whole Onion – chopped  
3 tbs. Catsup  
10 1/2 oz 98% fat-free Cream of chicken soup  
2 tsp. Worcestershire sauce  
1 cup of water

Spray the Electric Skillet with Pam. Preheat skillet to 300 degrees. Place all ingredients into the Electric Skillet. Mix gently. Cover, cook for 20-25 minutes. The meat will fall off the bone!!  
Serves 6

Per Serving (excluding unknown items): 154 Calories; 6g Fat (32.3% calories from fat); 21g Protein; 8g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 479mg Sodium.

### **Polynesian Pork Chops**

4 boneless pork chops, 3/4" thick  
1 tsp. garlic powder  
1 Tbs. vegetable oil  
1 medium onion, chopped  
1 can Golden Mushroom Soup  
1 can (8 oz.) pineapple chunks  
1/4 cup water  
3 Tbs. soy sauce  
1 Tbs. honey  
2 cups cooked White Rice  
Sliced green onions

Season chops with garlic. Heat oil in electric skillet (at 300 degrees). Add chops and cook until browned.

Add onion. Add soup, pineapple with juice, water, soy and honey. Heat to a boil. Cook at low heat (175 degrees) 10 minutes or until done. Serve with rice and garnish with green onions.  
Serves 4.

### **Pork Chop Skillet Dinner**

4 each Pork Chops, about 1/2" Thick  
2 tablespoons Oil  
1 each Medium onion, chopped  
2 teaspoons Caraway Seed  
1 Beef Bouillon Cube  
1/2 cup Water  
2 tablespoons Sherry, Optional  
16 ounces frozen broccoli and cauliflower mixture

Brown pork chops on both sides in hot oil in electric skillet (at 300 degrees). Add onion and caraway seed and cook until onion is tender but not brown. Add bouillon cube, water and sherry. Bring to a boil; reduce heat (to 225 degrees), cover and simmer 15 minutes. Stir in vegetables,

cover and simmer 5 minutes longer or until vegetables are heated through.  
Serves 4.

### **Pork Skillet Supper**

2 tablespoons Butter or margarine  
1 pound Pork tenderloin, cut in 1/4"  
1 can Chicken broth  
2 teaspoons Worcestershire sauce  
1/4 teaspoon Salt  
1/8 teaspoon Pepper  
8 small Red potatoes, quartered  
1 cup Mushroom, sliced  
1/2 cup Green onions, sliced  
2 tablespoons Flour

Melt margarine in electric skillet over medium-high heat. Add pork slices; cook 3 to 5 minutes or until browned on both sides. Remove pork from skillet; set aside. Reserve 1/4 cup of chicken broth. Add remaining chicken broth, Worcestershire sauce, salt, pepper and potatoes to skillet. Bring to boil. Reduce heat to low (175 degrees); cover and simmer 10 minutes or until potatoes are tender. Stir in mushrooms, onions and pork slices. Cover; simmer an additional 5 minutes or until vegetables are tender. In small bowl, combine flour and reserved 1/4 cup chicken broth; blend until smooth. Gradually stir into pork mixture. Cook and stir over medium-high heat until mixture is bubbly and thickened.

Serves 4.

### **Pork Chops in a Minute**

6 pork chops ( I use the very beefy types)  
2 onions chopped into rings  
2 cans of 98% fat free cream of mushroom soup  
2 cups of water

Spray Electric Skillet with Pam. Put all ingredients in skillet. Cook on medium high (275 degrees) for 30 minutes until pork chops are done.

### **Puerto Rico Meatloaf**

1 lb. ground meat  
1 egg  
1 small chopped onion  
Garlic salt  
Parsley  
1/2 cup bread crumbs  
1/2 cup milk  
1 Tbsp. Mustard  
2 beef bouillon cubes  
1 Tbsp. Worcestershire sauce  
5 carrots, sliced in half lengthwise  
1 can tomato juice  
2 medium potatoes

Mix together, packing together firmly. Preheat skillet to 250 degrees. Roll in seasoned flour with paprika, salt, and pepper. Brown in electric skillet, browning on all sides. Add bouillon, Worcestershire, carrots, tomato juice and potatoes. Cook covered all together with meat for about 1 hour and 15 minutes, or until well done.



### **Quick & Easy Salmon**

1 3/4 cups Chicken Broth  
1/4 tsp. dried dill weed, crushed  
4 thin lemon slices  
4 salmon steaks, 1" thick\*

MIX broth, dill and lemon in electric skillet. Heat to a boil. Place fish in broth mixture. Cover and cook set at low heat 10 minutes or until fish flakes easily. Discard poaching liquid.  
Serves 4.

\*You can substitute 1 lb. fresh or thawed frozen firm white fish fillets (cod, haddock or halibut) for salmon. Reduce cooking time to 5 minutes.

### **Quick, Easy Chinese Chicken**

3 chicken breast halves (about 1-3/4 pounds), skinned  
3 chicken thighs (about 1-1/2 pounds), skinned  
3 chicken drumsticks (about 3/4 pound), skinned  
3/4 cup reduced-calorie catsup  
1/2 cup firmly packed brown sugar  
1/4 cup low-sodium soy sauce  
2 tablespoons white vinegar  
1 tablespoon instant onion flakes  
1/2 teaspoon garlic powder  
1/2 teaspoon 75%-less-sodium seasoned salt

Spray the Electric Skillet with Pam. Preheat to 325 degrees. Place Chicken in the Electric Skillet. Combine catsup and next 6 ingredients; stir well, and pour over chicken. Cook for 25 minutes. Uncover and spoon some of the liquid over the chicken. Cover and cook for 20 more minutes. Baste occasionally during cooking. Serve over rice.

### **Quick Fix Baked Beans**

2 cans beans  
1 large onion, chopped  
4 slices bacon, cut in pieces, fried  
1/2 cup catsup  
1/2 cup BBQ sauce  
1 teaspoon dry mustard  
1/2 teaspoon liquid smoke  
1/2 cup molasses or brown sugar  
1 tablespoon yellow mustard  
1 teaspoon Worcestershire sauce  
Salt and pepper

Put all ingredients in electric skillet that has been preheated to 275 degrees. Cook for 25 minutes, stirring occasionally.

### **Quick Sirloin Stew**

1 tablespoon vegetable oil  
2 lbs boneless beef sirloins, cut into 1 inch cubes  
1 large onion, coarsely chopped  
1 medium green bell pepper, coarsely chopped

1 (5 1/2 ounce) can pickled sliced jalapeno peppers, chopped  
2 (28 ounce) cans diced tomatoes, undrained  
1 (16 ounce) can pinto beans, rinsed and drained  
1 (16 ounce) can kidney beans, rinsed and drained  
1 (15 ounce) can black beans, rinsed and drained  
1 cup beef broth  
1 1/2 tablespoons ground cumin  
1 tablespoon chili powder  
cayenne pepper (optional)

In the Electric Skillet brown the beef in the oil at 350 degrees. Add onion and Green Pepper and continue to cook until tender. Add the remaining ingredients, cover and cook on medium high (250 degrees) until beef is tender --- stirring gently.

### **Raspberry Currant "DUMP" Chicken**

1 Tablespoon Sugar  
1 Teaspoon Pepper  
1/8 cup Water  
1/8 cup Raspberry Vinegar  
1/2 cup Currant Jelly  
1 1/2 Pounds Chicken Pieces

\*\* (Also can substitute Raspberry Vinaigrette Salad Dressing for the vinegar)

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

Per serving: 245 Calories (kcal); 12g Total Fat; (42% calories from fat); 14g Protein; 21g Carbohydrate; 70mg Cholesterol; 64mg Sodium

### **Round Steak With Rich Gravy**

2 lbs. round steak  
1 can cream of mushroom soup  
1 cup of water  
1 envelope dry onion soup mix  
1/2 cup water

Cut round steak into serving size pieces. Place all ingredients in the Electric Skillet. Cover, cook on for 25 minutes at 300 degrees. Great gravy on mashed potatoes

### **Russian "Dump" Chicken**

16 Ounces Russian Salad Dressing  
1 Packet Onion Soup Mix  
10 Ounces Apricot Preserves  
1 1/2 Pounds Chicken Pieces  
1/16 Teaspoon Salt -- (to taste)  
1/16 Teaspoon Pepper -- (to taste)

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in the skillet and turn to coat. Cook at 350 degrees for 45-55 minutes until chicken juices run clear.

### **Salisbury Steak Bake**

1 can mushroom soup  
1 1/2 lbs. Hamburger  
1/2 cup dry bread crumbs  
1 egg, slightly beaten  
1/4 cup onions chopped  
1/3 cup water

Mix thoroughly 1/4 cup of mushroom soup with all ingredients. Shape into patties and place in the Electric Skillet that has been preheated to 325 degrees. Cook for five minutes on each side. Cook until no longer pink. Spoon off fat; mix the rest of the mushroom soup plus 1/3 cup of water and pour over meat. Cover and cook for 10 more minutes at 275 degrees until hamburger is no longer pink.

### **Santa Fe Rice**

1 large onion, chopped  
1 Tablespoon butter or margarine  
1 can chicken broth  
1 cup salsa  
1 cup uncooked long grain rice  
1/8 teaspoon garlic powder  
3/4 cup shredded cheddar cheese  
Chopped fresh cilantro or parsley

In the Electric Skillet, sauté onion in butter until tender. Add broth and salsa; bring to a boil. Stir in rice and garlic powder. Cover, turn heat to medium (250 degrees), and simmer for 10 minutes. Stir, and cook for 10 more minutes, until rice is done. Turn heat off, sprinkle with cheese; cover and let stand for 5 minutes. Garnish with cilantro or parsley if desired.

### **Sausage & Pepper Sandwiches**

1 lb. bulk pork sausage  
1 small green pepper, chopped  
1 can Campbell's® Tomato with Roasted Garlic & Herbs Soup  
1/4 cup water  
4 long sandwich rolls, split

Cook sausage and pepper until browned in the Electric Skillet (325 degrees). Cook for about 5-7 minutes. Pour off the fat. Add soup and water. Cover and heat through – about 10 minutes, medium high heat. Serve on rolls. Serves 4.

### **Sausage Skillet Dinner**

12 ounces pork link sausage, smoked -- cut diagonally into 1-inch pieces  
1 cup water  
1 medium onion  
2 small red cooking apples  
2 tablespoons butter  
8 medium red potatoes  
1/4 cup cider vinegar  
3 tablespoons sugar  
1/2 teaspoon caraway seed  
2 tablespoons parsley

Place sausage, potatoes, and water into an electric skillet; cover tightly and cook over medium-high heat 8 minutes, stirring occasionally. Meanwhile, cut onion into 12 wedges; core and cut

each apple into 8 wedges. Drain sausage and potatoes, and cut potatoes into wedges. In large skillet, cook and stir onion and apples in 1 tablespoon butter 4 minutes, or until apples are just tender. Remove from skillet.

Heat remaining 1 tablespoon butter; add potatoes and cook, covered, over medium-high heat until tender and golden brown, stirring occasionally (about 5 minutes). Combine vinegar, sugar and caraway seed. Reduce heat; return sausage, apple mixture and vinegar mixture to frying pan and cook 1 minute, or until heated through, stirring gently. Sprinkle with parsley and serve. Serves 4.

### **Saucy Pork Chops**

4 pork chops  
1 can cream of chicken soup, add a little water (about 1 cup)  
1 med. chopped onion  
2 tbsp. Catsup  
2 tsp. Worcestershire sauce

Brown chops in oil in the Electric Skillet at 350 degrees. Season with your favorites seasoning. Drain off excess fat. Combine remaining ingredients. Pour over chops. Cover, turn heat to medium (250 degrees), and cook for 20 minutes until chops are tender. Serves 4.

### **Savory Lemon Chicken**

4 boneless chicken breasts halves  
1 can Campbell's® Healthy Request® Cream of Chicken Soup  
2 tbsp. Water  
1 tbsp. chopped fresh parsley **OR** 1 tsp. dried parsley flakes  
1 tbsp. lemon juice  
1/2 tsp. Paprika  
1/4 cup chopped green **OR** red pepper  
4 lemon slices

Spray the Electric Skillet with Pam. Preheat to 350 degrees. Add chicken and cook until browned. Remove chicken. Add soup, water, parsley, lemon juice, paprika and pepper. Cover and heat to a boil. Return chicken to skillet. Cover and cook at 300 degrees for 20 minutes or until done. Garnish with lemon slices. Serves 4.

### **Seafood Risotto**

1 quart plus 1 cup chicken stock  
2 Tbs. unsalted butter  
2 Tbs. olive oil  
1 cup onion, finely chopped  
2 cloves garlic, minced  
2 cups Arborio or short grain rice  
1 cup dry white wine  
2 Tbs. lemon juice  
1 tsp. tarragon  
2 Tbs. parsley flakes, or 1/4 cup  
1/4 tsp. red chili pepper flakes  
1/2 lb. small shrimp, peeled and deveined, patted dry  
1/2 lb. scallops, washed and trimmed, patted dry

Preheat electric skillet to 325 degrees. Bring chicken stock to a boil in the Skillet. Add butter and oil and cook until butter is melted. Add onion and garlic. Cook 1-2 more minutes. Add rice and stir to coat well. Stir in next 5 ingredients. Cover, turn heat 250 degrees and cook until liquid has been absorbed. Slowly add more hot stock in same manner. Continue this process about 15

minutes until rice is tender. Add shrimp, scallops and salt and pepper to taste. Cook another 1-2 minutes, stirring constantly, until shrimp and scallops are cooked throughout.

### **Sesame Broccoli**

3 pounds broccoli  
2 teaspoons sesame oil  
2 teaspoons rice vinegar  
1 tablespoon sesame seeds  
Black pepper -- to taste

Preheat skillet to 350 degrees. Place steamer rack in skillet. Pour one inch of water in skillet. Remove tough stems from broccoli; wash, then cut heads into flowerets. Steam for 7-8 minutes, or until broccoli is tender but still crisp. Mix sesame oil with vinegar in a serving bowl. Add steamed broccoli and mix gently to coat. Sprinkle with sesame seeds and black pepper.

### **Shrimp Casserole**

1 lb. pkg. elbow or shell macaroni, cooked al dente, drained  
2 lbs. steamed shrimp, cleaned of course  
1 10 3/4oz. can cream of celery soup  
1 small onion finely chopped  
1 28oz. can or 4 c. chopped tomatoes  
3/4 lb. sharp cheddar cheese  
Pinch Old Bay Seafood seasoning  
Salt and pepper to taste

Reserve about 1/3 of grated cheese. Combine rest of ingredients and put in a lightly Electric Skillet that has been preheated to 325 degrees. Cover and cook for 20 minutes. Sprinkle with reserve cheese, cover and cook 10 more minutes.

### **Shipwreck**

1 lb. ground beef, browned and drained  
1 large onion, sliced  
3 potatoes, sliced  
1 can kidney beans, drained  
1 can tomato soup or tomato sauce

Preheat electric skillet to 325 degrees. Layer half the ground beef, onion and potatoes. Salt and pepper. Layer same three ingredients again. Top with kidney beans and tomato soup. Cook at 325 for 45 minutes.

### **Shrimp with Spinach and Alfredo Sauce**

2 tablespoons butter  
1 1/2 pounds shrimp (med.), peeled, deveined  
1 bunch of fresh spinach or 10 ounces thawed and squeezed dry  
1 bunch scallions, sliced (with about 2 inches of the green)  
2 cloves garlic, minced  
1 package dry Alfredo sauce mix  
3/4 cup light cream or evaporated milk  
Pepper to taste

Melt butter over medium low heat; add shrimp, spinach, and scallions. Cook until shrimp just begins to turn pink, then add garlic and cook for another minute. Sprinkle with Alfredo sauce mix and stir until combined. Add milk or cream; cook and stir until heated through and thickened. Add pepper to taste. Serve over hot cooked rice or pasta.

### **Skillet BBQ Chops**

6 pork chops about 1/2-inch thick  
1 tablespoon vegetable oil  
3/4 cup water  
1/4 cup Kikkoman teriyaki sauce  
1/4 cup ketchup  
4 teaspoons brown sugar, packed  
4 teaspoons corn starch

Preheat skillet to 325 degrees. Brown chops slowly in hot oil on both sides; drain. Combine 1/2 cup of water with next 3 ingredients; pour over chops. Cover and simmer 30 minutes at 250 degrees; turn chops over and cook 30 minutes longer. Remove from pan. Dissolve cornstarch in remaining water; stir into pan. Cook and stir until sauce boils and thickens. Return chops and coat both sides with sauce. Serve with hot boiled rice. Serves 6.

### **Skillet Beans and Rice**

3/4 c long grain rice, cooked (I have substituted quick cooking rice added directly to the recipe when in a real hurry)  
1 each red & green bell pepper, cubed  
1 med onion, chopped  
1 small can (15 oz?) each black beans, kidney beans, pinto beans and Great Northern beans  
1 small can tomatoes  
1/2 cup barbecue sauce (the strength of the sauce can vary this amount)

Sauté peppers and onions in electric cooker (325 degrees) until tender. Drain and rinse beans and add to skillet, along with tomatoes, barbecue sauce and 1 cup water. Cook 45 minutes at 200 degrees. Add rice on top.

### **Skillet Beef Burgundy**

1 1/2 pounds lean boneless sirloin steak  
Vegetable cooking spray  
2 cups sliced carrot (1/2-inch)  
2 cups quartered mushrooms  
3/4 cup coarsely chopped onion  
1 pound small red potatoes peeled and quartered  
1 teaspoon dried thyme  
1/4 teaspoon pepper  
10 1/2 ounces beef consommé, (1 can) undiluted  
3 tablespoons all-purpose flour  
3/4 cup Burgundy or other dry red wine

Trim fat from steak. Cut the steak into 1-inch cubes. Coat electric skillet with cooking spray, and place over medium-high heat until hot. Add steak; cook 4 minutes or until steak loses its pink color. Remove steak from skillet; drain and set aside.

Re-coat skillet with cooking spray. Add carrot and next 3 ingredients; sauté 5 minutes. Return steak to skillet. Add thyme, pepper, and consommé, stir well. Cover, reduce heat, and simmer 30 minutes or until meat and vegetables are tender. Place flour in a bowl. Gradually add wine, blending with a wire whisk; add to steak mixture. Cook 5 minutes or until thickened and bubbly, stirring constantly.

Yield: 5 servings (serving size: 1-1/2 cups).

### **Skillet Cabbage**

2 tablespoons Vegetable Oil  
3 cups Cabbage -- Finely Shredded  
1 cup Celery -- Chopped  
1 small Green Pepper -- Chopped  
1 small Onion -- Chopped  
1/2 teaspoon Salt  
1/4 teaspoon Pepper

Heat the oil in electric skillet, preheated to 275 degrees. Add ingredients and cook for about 15 minutes. Stir often. Cover pan during the last 5 minutes of cooking time - stir once or twice. Serve immediately. Vegetables will be crisp. Serves 4.

### **Skillet Cabbage #2**

2 Tbsp butter  
4 cups shredded cabbage  
1 green pepper, cut into thin strips  
2 Tbsp water  
1/2 tsp salt  
1/4 tsp pepper  
3 ounces cream cheese, cubed

Preheat skillet to 250 degrees. Coat cabbage and pepper with melted butter in electric skillet. Add water, salt and pepper. Simmer, covered, until cabbage is tender, about 8 minutes. Stir in cream cheese until melted. Yield: 4 to 6 servings

### **Skillet Cabbage #3**

1 cup thinly sliced cabbage  
1/4 cup finely chopped green pepper  
1/2 cup diced celery  
1/4 cup water  
1/4 cup diced onion  
1/2 cup chopped tomato  
1 tablespoon vinegar

Combine ingredients in electric skillet that has been preheated to 250 degrees. Cover and cook over low heat 5-10 minutes. Vegetables should be firm.

### **Skillet Chicken and Rice**

2 pounds chicken pieces, skinned  
2 carrots; peeled, sliced 1/2"  
1/2 cup onion -- chopped

1 teaspoon bouillon, chicken, granules  
3 cups mushrooms, fresh, sliced  
3/4 cup rice, long grain  
1 teaspoon poultry seasoning  
1/4 teaspoon salt

Spray an electric skillet with non stick spray and preheat to 325 degrees. Brown chicken pieces on all sides over medium heat - about 15 minutes; remove and set aside. Drain fat from skillet, if necessary. Add mushrooms, carrots, rice, onion, bouillon, poultry seasoning, 2 cups water, salt. Place chicken atop rice mixture. Cover; simmer 30 minutes at 250 degrees or till chicken and rice are done.

Serves 4.

### **Skillet Chicken Dish**

1 tablespoon Margarine  
4 boneless chicken breast halves, skinless  
1 can Campbell's Golden Corn Soup (or use broccoli cheese soup)  
1/2 cup Milk  
2 cups Broccoli florets  
1/2 cup Shredded cheddar cheese  
1/8 teaspoon Pepper

In skillet, in hot margarine, cook chicken 10 minutes or until browned at 325 degrees. Remove; set aside. Spoon off fat. Combine remaining ingredients. Heat till boiling. Return chicken to skillet. Cover; cook over low heat (225 degrees) 10 minutes or until chicken is no longer pink and broccoli is tender-crisp; stirring often. Garnish with tomato wedges and fresh thyme, if desired. Serves 4.

### **Skillet Chicken For Two**

2 chicken breasts, skinned and boned  
2 tbsp flour  
Salt & pepper to taste  
3 slices bacon diced  
1 clove garlic, chopped  
1/2 cup chicken broth  
1/2 cup dry white wine  
Parsley for garnish

Cut chicken into 2 inch pieces. Sprinkle with flour, salt, and pepper. Fry bacon until crisp, push to one side of skillet. Add chicken pieces and garlic and brown lightly. Mix bacon pieces and chicken, add broth and wine. Bring to a boil. Cover and simmer at 250 degrees for 20 minutes. Sprinkle with parsley before serving. Serves 2.

### **Skillet Chicken Mozzarella**

1 pound boneless chicken breasts, skinless  
2 tablespoons flour  
1/8 teaspoon pepper  
2 teaspoons olive oil  
1 garlic clove, minced  
1 green or red bell pepper, cut in 1/2-inch pieces



1 medium onion -- sliced  
1 can tomatoes -- diced (28 oz)  
2 medium zucchini -- coarsely chopped  
1/2 cup mozzarella cheese -- shredded  
2 tablespoons Parmesan cheese

Cut each breast in half and pound the pieces to 1/4-inch thickness. Combine the flour and black pepper in a small bowl. Dip the chicken into the flour and coat each piece thoroughly. In a large electric skillet at 300 degrees, sauté the chicken in the oil until brown, about 5 minutes on each side. Transfer the chicken to a plate.

Add the garlic, peppers and onions to the skillet, and sauté the vegetables until they are tender. Return the chicken to the skillet. Add the tomatoes and zucchini. Heat the mixture to boiling. Reduce the heat to low (225 degrees), cover the skillet and simmer for 15 minutes. Top the chicken with mozzarella and Parmesan, and simmer until the cheese melts.

### **Skillet Chicken with Tomatoes**

1 pound chicken breasts without skin, boneless cut in bite-size pieces  
1 small onion, thinly sliced  
1 carrot, sliced  
1 stalk celery, sliced  
2 teaspoons chopped garlic  
1 teaspoon dried oregano  
1/2 teaspoon dried parsley  
1/4 teaspoon salt  
1 16 oz can stewed tomatoes, not drained  
1 1/2 cups chicken broth, fat removed  
2 cups sliced potatoes

Spray electric skillet with non-stick cooking spray. Sauté chicken at 325 degrees until browned. Add remaining ingredients to skillet and simmer at 250 degrees until potatoes are tender. Serves 4.

### **Skillet Dinner (Electric)**

1 lb. ground beef  
Cabbage, shredded  
Onion, sliced  
Green and yellow squash, sliced  
1 can mushroom soup  
1/2 c. milk  
1 c. grated cheese

Brown ground beef and drain off excess fat. Put a layer of cabbage, then a layer of onion, then a layer of green and yellow squash. Mix milk and soup. Pour over all. Cook slowly (covered) for about 30 minutes. When done sprinkle with cheese and let melt. Tomato sauce may be used instead of soup and milk.

### **Skillet Goulash**

1 pound lean ground beef  
1/2 cup onion; chopped  
16 ounces tomatoes (1 can)  
1/2 cup chopped celery  
1/2 cup water  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1/8 teaspoon basil leaves

1/8 teaspoon marjoram leaves  
1 1/2 cups fine noodles; uncooked (about 3 ounces)

Cook and stir the meat and the onion in a electric skillet at 325 degrees until the meat is brown. Drain off the excess fat. Stir in the tomatoes (with the liquid) and remaining ingredients, stirring to break up the tomatoes. Heat to boiling, then reduce the heat to 250 degrees and simmer, covered, stirring occasionally, until the noodles are tender, about 20 minutes. A small amount of water can be added if necessary. Serve hot. Serves 4.

### **Skillet Hash**

1 lb. ground beef  
4 or 5 potatoes, diced  
1 onion, chopped  
1 pkg. frozen peas  
1 t. salt  
1/2 t. pepper

Brown beef in the Electric Skillet at 350 degrees; add potatoes, onion, peas and seasonings and reduce heat to 250 degrees. Cook for 15 minutes longer, thickening liquid or add gravy if desired. Makes 6 servings.

### **Skillet Lasagna (Electric)**

1 1/2 lbs. ground beef  
3/4 c. chopped onion  
1 8 oz. tomato sauce  
1-1 1/2 oz. spaghetti sauce mix  
1 16 oz. cream style cottage cheese  
1 1/2 c. uncooked medium noodles  
1 28 oz. can tomatoes, cut up  
1 1/2 tsp. basil, crushed  
1 tsp. salt  
1 c. shredded Mozzarella Cheese  
1 tbs. parsley flakes

Cook beef and onion in skillet at 350 degrees until meat is browned and onion is tender. Spoon off excess grease. Combine 2 tablespoons spaghetti sauce mix with tomato sauce and pour over meat. Spread cottage cheese over meat mixture and top with noodles. Combine remaining spaghetti sauce mix with tomatoes, parsley, basil and salt. Pour over noodles. Cover and cook at 225 degrees for 25 to 30 minutes until noodles are tender. Sprinkle with Mozzarella Cheese, cover and cook for 5 minutes to melt cheese. Turn unit off, allow to stand for 10 minutes before serving. Yields 6 servings.

### **Skillet Macaroni and Cheese with Tomatoes**

2 cups skim milk  
2 tablespoons cornstarch  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
1/4 teaspoon hot pepper sauce  
4 ounces reduced fat process cheese cut in small chunks  
2 teaspoons grated Parmesan cheese  
8 ounces (2 cups) elbow macaroni cooked and drained  
1 cup coarsely chopped tomatoes  
1/4 cup sliced scallions

Whisk milk and cornstarch in a medium-size nonstick skillet until blended. Bring to a boil over medium heat, stirring often. Stir in mustard, salt and hot pepper sauce until blended. Reduce heat to medium-low and simmer uncovered 1 minute or until thickened. Stir in cheese until melted. Stir in macaroni, tomatoes and scallions and heat through.

Serves 4.

### **Skillet Macaroni and Ground Beef**

1 1/2 pounds ground chuck  
8 ounces macaroni, uncooked  
1/2 cup onion, minced  
1/2 cup green pepper, chopped  
2 cans tomato sauce (8 oz each)  
1 cup water  
1 teaspoon salt  
1 teaspoon pepper  
1 tablespoon Worcestershire sauce

Brown skillet in a large electric skillet at 350 degrees. Remove beef from skillet and sauté raw macaroni, onion and green pepper in the meat juices over low heat until macaroni is golden yellow. Return meat to skillet then add tomato sauce and remaining ingredients; stir. Cover and simmer over low heat (200 degrees) about 25 minutes, or until macaroni is tender. Serves 8.

### **Skillet Meal (For Two)**

1/2 c. water (add to skillet)  
1 pkg. Butterball smoked turkey sausage (use one link for recipe) -sliced  
Sliced cabbage (heap on, cooks down)  
2 med. potatoes, wash, sliced with skins  
Onion, salt & pepper to taste  
3 pats butter on top

Add all ingredients to preheated, 325 degree, skillet. Cover the skillet and simmer for about 20 minutes. (Until potatoes are fork tender.) Turn vegetables and meat occasionally to avoid sticking.

### **Skillet Rice**

1 lb Ground beef  
16 oz Can stewed tomatoes  
1 can Small sweet peas  
1 can Sharp cheddar, shredded  
1 Pkg. onion soup mix  
1 1/2 cup Water  
3/4 cup Brown rice, uncooked  
1/2 tbs. Oil

In a skillet, at 350 degrees, add the oil and brown the meat, stirring frequently. Drain any excess fat. Stir in the onion soup mix, water, rice, tomatoes and peas. Simmer at 250 degrees for 25 minutes until rice is tender; top with cheese.

### **Skillet Shrimp Gumbo**

1/3 cup Oil  
2 cups Fresh sliced okra  
1 pound Shrimp, peeled and deveined  
1/2 cup Chopped scallions  
3 Cloves garlic, minced  
1 1/2 teaspoons Salt  
1/2 teaspoon White pepper  
2 cups Water  
1 cup Canned tomatoes  
2 Whole bay leaves  
6 Drops Tabasco sauce  
1 1/2 cups Cooked rice

Heat oil in a electric skillet for 10 minutes at 300 degrees, stirring occasionally. Add shrimp, garlic, scallions, salt and pepper; simmer for 5 minutes. Add water, tomatoes, and bay leaves to skillet; cover and simmer at 250 degrees for 20 minutes. Remove bay leaves; stir in Tabasco sauce. To serve, place generous scoop of rice in each of 6 bowls. Spoon gumbo on top of rice. Serves 6.

### **Skillet Spaghetti**

1 28-oz. jar spaghetti sauce  
1-1/2 cups water  
1 lb. frozen fully cooked meatballs  
2 handfuls spaghetti pasta, broken in half  
1 cup grated Parmesan cheese

In electric skillet, combine spaghetti sauce and water and stir to combine. Bring to a boil at 350 degrees. Add meatballs and spaghetti. Stir well, making sure spaghetti is under the sauce. Cover, reduce heat to 250 degrees and simmer for 20-25 minutes, stirring frequently. You may add more water if the mixture appears to be too dry. Cook until spaghetti is al dente. Serve with cheese. Serves 4 to 6

### **Skillet Spanish Rice**

1 pound Lean ground beef  
1 medium Onion -- chopped  
1/2 cup Diced green pepper  
1 cup Uncooked rice  
1 teaspoon Chili powder  
1/2 teaspoon Salt  
1/2 teaspoon Ground black pepper  
8 ounces Tomato sauce  
1 1/2 cups Water

Cook beef, onion and green pepper in electric skillet at 350 degrees. Drain fat. Stir in rice, chili powder, salt, pepper, tomato sauce and water; bring to a boil. Reduce heat to 250, cover, and simmer 15 to 20 minutes or until rice is tender. Serves 6.

### **Skillet Squash**

4 slices bacon  
2 pounds yellow squash -- sliced

1 medium onion -- chopped  
1/2 cup sour cream  
1 1/2 teaspoons dried dillweed  
1 teaspoon onion salt  
1/4 teaspoon pepper

Preheat skillet to 325 degrees. Cook bacon in electric skillet until crisp; remove bacon, reserving 1 tablespoon drippings in skillet. Crumble bacon, and set aside. Sauté squash and onion in reserved drippings 6 minutes or until tender; stir in sour cream and seasonings. Spoon into serving dish; sprinkle with crumbled bacon.

### **Skillet Steak**

Sauce:

2 1/4 cups strong beef stock  
2 1/2 tablespoons flour  
2 small cloves garlic, minced  
1 teaspoon Worcestershire sauce  
1/2 bay leaf  
3/4 tablespoon tomato paste  
2 beef bouillon cubes  
1 cup mushrooms -- sliced  
1 tablespoon butter  
1/4 cup dry red wine  
Salt and pepper to taste

Steak:

3 tablespoons butter  
4 8oz sirloin steaks  
Parsley sprigs, for garnish

Heat 2 cups of beef stock to boiling in skillet at 350 degrees. Mix flour into remaining 1/4 cup of cool stock and stir into hot stock with a whisk. Add garlic, Worcestershire sauce, bay leaf, tomato paste and bouillon cubes. Simmer uncovered 45 minutes. Sauté mushrooms in butter until lightly browned. At the end of 45 minutes cooking period, add mushrooms and red wine to sauce and cook 7 minutes longer. Season to taste with salt and pepper. Makes 2 1/2 cups. Keep hot Heat butter in a large skillet until very hot. Cook steak 8-10 minutes, turning to cook on both sides (medium rare). Serve with the sauce. Garnish with parsley.  
Serves 4.

### **Skillet Steamed Fish**

1 tablespoon Vegetable oil  
1 Onion, coarsely chopped  
1 Garlic clove, crushed  
2 Large tomatoes, blanched  
Peeled, seeded and chopped  
2 tablespoons Wine or cider vinegar  
3/4 cup Water  
4 Large fish fillets  
Freshly ground black pepper

Heat oil in large electric skillet at 300 degrees. Add onion and garlic and cook, stirring frequently until onion is golden brown, about five minutes. Add tomatoes. Stir well and cook until tomatoes are just heated through, about 2 minutes. Add vinegar and stir well. Push tomato mixture to one side of skillet. Add water. When liquid starts to simmer, add fish and cover the skillet. Cook until fish flakes easily, 8-10 minutes.

Remove fish and arrange on serving platter. Add pepper to taste to the tomato mixture and stir. Spoon the tomato mixture over the fish and serve immediately.  
Serves 4.

### **Skillet Supper**

1 lb. ground beef  
1/4 cup chopped onion  
1 cup cooked macaroni  
2 - 8 oz. cans tomato sauce  
1 - 12 oz. can whole kernel corn  
2 tsp. chili powder  
1/2 tsp. seasoned salt  
1/2 cup shredded cheddar cheese

Brown beef and onions in large electric skillet at 350 degrees. Pour off any fat and stir in cooked macaroni, tomato sauce, corn, chili powder and seasoned salt. Simmer at 250 degrees, stirring occasionally for 5 to 10 minutes. Stir in cheese and serve immediately. Makes 4 servings  
This with a salad makes a great after work, quick to the table dish.

### **Skillet Swiss Steak**

3 ribs Celery, sliced  
1 large Onion, sliced  
2 teaspoons Oil  
1 1/2 teaspoons Salt  
2 pounds Round steak, 2" thick  
2 cups Hot water  
1 teaspoon Instant beef broth  
1/4 cup Chili sauce  
1/4 teaspoon Pepper  
3 medium Potatoes, quartered  
3 Carrots, quartered  
2 teaspoons Parsley, chopped  
1 teaspoon Dry mustard

Sauté the celery and onion in 1 tbsp of the oil until tender in skillet that has been preheated to 325 degrees. Remove and reserve. Pound mixture of flour and 1 teaspoon of the salt into both sides of the meat. Brown the meat in remaining 1 tbsp of oil. Stir 1 cup of the hot water into broth and dry mustard in a 2 cup measure.

Add to skillet with chili sauce, pepper, reserved celery and onion. Cover. Simmer 1 hour and 15 minutes at 225 degrees. Stir in remaining 1 cup water to thin the gravy. Add the potatoes and carrots and sprinkle with the remaining 1/4 teaspoon salt. Continue cooking for 30 to 45 minutes, or till vegetables are tender.  
Serves 4.

### **Sloppy Joes – Easy!!**

1 lb. hamburger  
1 can Campbell's chicken gumbo soup

1 can Campbell's tomato soup  
Mrs. Dashes seasoning  
Catsup  
Worcestershire sauce  
1 onion (optional)  
Hamburger buns  
Cheese & pickles

Brown hamburger; add Mrs. Dash seasoning by sprinkling on while cooking. Drain grease from hamburger. Stir in 1 cup of water, 1 can of chicken gumbo soup, 3/4 can tomato soup; add dashes of catsup and Worcestershire sauce. Cover, turn to medium heat (225 degrees). Let mixture cook until it thickens slightly, stirring off and on. Add onion only if you prefer it. Tastes great with pickles and a slice of cheese melted on top of sloppy joe mixture.

### **Sloppy Joes**

3 lb Ground beef  
1 c Onion, chopped  
2 clove Garlic, minced  
1 1/2 c Ketchup  
1 c Green pepper, chopped  
1/2 c Water  
4 tbs. Brown sugar  
4 tbs. Prepared mustard  
4 tbs. Vinegar  
3 tsp. Chili pepper  
Hamburger buns

In the Electric Skillet, brown the brown ground beef, onion, and garlic at 350 degrees until meat is brown and onion is tender. Drain off fat. Combine remaining ingredients (except buns) in Electric Skillet. Stir in meat mixture. Cover and cook on medium heat (275 degrees) for 15 minutes. Spoon onto hamburger buns. Serves 8 to 10.

### **Souperburger Sandwiches**

1 lb. ground beef  
1 medium onion, chopped  
1 can Campbell's® Cheddar Cheese Soup  
1 tbsp. prepared mustard  
1/8 tsp. pepper  
6 hamburger rolls

Cook beef and onion in the Electric Skillet until browned at 350 degrees. Pour off the fat. Add soup, mustard and pepper. I also add a little water. Cover and cook on medium high (250 degrees) for 15 minutes, stirring occasionally. Serve on rolls. Makes 6 sandwiches.

### **South of the Border Burgers**

1 1/2 lb. ground beef  
1 can Campbell's® Cheddar Cheese Soup  
1/3 cup water  
1 tbsp. chili powder  
6 sandwich rolls

Sour cream

Shape beef into 6 patties, 1/2" thick. Cook patties in Electric Skillet on medium high heat, about five minutes on each side. Pour off fat. Add the soup, water and chili powder. Cover and heat to boil. Reduce to low heat (250 degrees) and cook for 8 more minutes. Serve on rolls with sour cream. Serves 6.

### **Southwestern Chicken Breasts**

4 boneless skinless chicken breasts halves  
8 slices Cheddar cheese  
Salsa

Marinade:

2/3 cup vegetable oil  
1/3 cup lime juice  
2 Tbsp. chopped green chilies  
1 tsp. minced garlic

Stir together all marinade ingredients. Add chicken breasts; marinate, turning once, in refrigerator at least 45 minutes. Preheat Electric Skillet to 325 degrees. Remove chicken from marinade; drain. Cook chicken in Electric Skillet for 15 minutes. Turn chicken and cook 15 more minutes. Top each chicken breast with 2 slices cheese, allowing cheese melt while in the Electric Skillet. Serve with salsa.

### **Southwest Skillet**

3/4 lb. ground beef  
1 Tbs. chili powder  
1 can Beefy Mushroom Soup  
1/4 cup water  
1 can (14 1/2 oz.) whole peeled tomatoes, cut up  
1 can (about 15 oz.) kidney beans, rinsed and drained  
3/4 cup uncooked Minute® Rice  
1/2 cup shredded Cheddar cheese  
Tortilla chips

COOK beef with chili powder in electric skillet until browned. Pour off fat. Stir in soup, water, tomatoes and beans. Heat to a boil. Cover and cook over low heat 10 minutes. Turn off heat. Stir in rice. Cover and let stand 5 minutes. Top with cheese. Serve with tortilla chips. Serves 4.

### **Spaghetti Meat Sauce**

1 lb lean ground beef  
1 large onion, chopped  
1 clove garlic, minced  
2 (1 lb) cans tomatoes, chopped  
1 (8 oz) can tomato sauce  
1 (12 oz) can tomato paste  
1 cup beef broth  
2 tablespoons minced fresh parsley  
1 tablespoon brown sugar



1 teaspoon dried oregano leaves  
1 teaspoon dried basil leaves  
1 teaspoon salt  
1/4 teaspoon pepper  
Cooked spaghetti, noodles, or other pasta

Brown the hamburger meat in the Electric Skillet. Drain. Add the remaining ingredients (except spaghetti). Cover, cook at 325 degrees 20 minutes, stirring often. Serve over hot spaghetti.

### **Spaghetti Sauce**

4 tablespoons cooking oil  
1 small onion, finely chopped  
1 15 1/2 ounce can tomato sauce  
1 1/2 cups water  
1/2 teaspoon pepper  
1/2 teaspoon red pepper, optional  
1 pound ground beef  
1 29 ounce can tomato puree  
1 6 ounce can tomato paste  
1 teaspoon salt  
1/2 teaspoon oregano  
2 pounds sausage, Italian links or country style – cut into pieces

Brown the ground beef and sausage in the Electric Skillet with 2 tablespoons hot oil at 325 degrees. When almost browned, add onion and continue browning until onion is tender. Drain the Electric Skillet. Add puree, sauce, paste, water, salt, pepper and oregano and turn to medium high heat. Cook for 20 minutes, stirring often. If you like your sauce sweeter, you could add 1/4 to 1/2 cups sugar to this.

### **Spanish Chicken**

2 pounds boneless skinless chicken breast  
2 cups of water  
Seasoned salt and pepper to taste  
Black olives, pitted  
Sliced mushrooms, drained  
Stewed tomatoes  
2 cups tomato sauce mixed with 1 cup stock

Add all ingredients to the Electric Skillet. Cover, turn to medium high heat, and cook for 35-45 minutes or until chicken is done. GREAT over rice.

### **Spanish Rice**

2 pounds ground chuck or beef  
1 medium onion, chopped  
1 green pepper, chopped  
1 28 ounce can stewed tomatoes  
1 16 ounce can tomato sauce  
1 1/2 cups water  
2 1/2 teaspoon chili powder or to taste  
2 teaspoons seasoned salt  
2 tablespoons Worcestershire sauce  
2 cups raw rice, converted  
3 stalks celery, chopped

Brown beef at 325 degrees and drain off fat. Put all remaining ingredients in the Electric Skillet. Cover and cook at 250 for 20 minutes.

### **Spiced Citrus "DUMP" Chicken**

- 2 Tablespoons Olive Oil
- 2 Tablespoons Lime Juice
- 2 Tablespoons Orange Juice
- 2 Tablespoons Lemon Juice
- 2 Tablespoons Chili Powder
- 2 Tablespoons Paprika
- 1 Teaspoon Cayenne
- 1/2 Teaspoon Pepper
- 1/2 Teaspoon Salt
- 1 1/2 Pound Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 227 Calories (kcal); 17g Total Fat; (65% calories from fat); 15g Protein; 4g Carbohydrate; 70mg Cholesterol; 259mg Sodium

### **Spicy BBQ Wings**

- 2 1/2 lbs chicken wings
- 1/2 cup keSkillethup
- 1/4 cup lemon Juice
- 1/2 cup water
- 1 Tbsp brown sugar
- 2 Tbsp Dijon mustard
- 2 Tbsp oil
- 1 tsp salt
- 2 Tbsp Worcestershire sauce
- 2 tsp Louisiana hot sauce
- 1/4 tsp cumin
- 1/2 tsp chili powder
- 1 tsp black pepper
- 2 garlic cloves - minced

In the electric fry pan, mix together BBQ sauce ingredients. Bring to a boil at 350 degrees, then reduce heat to 250 and simmer for 15 minutes. Remove and keep warm. Wipe out skillet. In the skillet, heat oil to 375F (190 C). Deep fry a few wings at a time, until they are cooked through, about 10-15 minutes. Drain fried wings on absorbent towel. When all the wings are cooked, place them in the simmering BBQ sauce. Stir to coat and serve. Makes 2 to 4 servings.

### **Speedy Beef Stroganoff**

Makes 4 to 5 Servings

- 1 lb. beef sirloin steak, cut 1/4-inch thick, partially frozen
- 1 Tbsp. all-purpose flour
- 1 can ( 3 oz. ) sliced mushrooms
- 1/2 cup boiling water
- 1 tsp. instant beef bouillon granules
- 1 cup onion-sour cream dip
- Hot cooked noodles

Trim fat from steak; cook trimmings in skillet till 1 Tbsp. of fat accumulates. Discard trimmings. Meanwhile, cut meat diagonally across grain in very thin strips. Quickly brown meat. Blend in

flour. Add undrained mushrooms, water, and beef bouillon granules. Cook and stir till thickened and bubbly. Simmer 10 minutes. Blend some of the meat mixture into sour cream dip. Return to meat mixture. Cook and stir till heated through, but do not boil. Serve over noodles.

### **Spicy Beef Tenderloin**

1 lb. Beef Tenderloin, trimmed and cut into 4 portions  
2 Tbs. Olive Oil (divided)  
4 large Vidalia Onions, halved, then sliced large  
1 1/2 tsp. Salt (divided)  
2 Tbs. Balsamic Vinegar  
1 tsp. Granulated Sugar  
1 1/2 tsp. dried Thyme  
2 tsp. Black Pepper, coarsely ground

In the Electric Skillet, warm one tablespoon of the olive oil over medium heat. Add the onions and one-half teaspoon of the salt. Cook until the onions are soft and very tender. Stir in the balsamic vinegar and sugar. Reduce the heat and keep the mixture warm. In a small bowl, mix the thyme and pepper together with the remaining teaspoon of salt. Rub the mixture evenly over the four steak portions. Heat the remaining tablespoon of olive oil over medium-high heat. Sear the steaks until well browned, about 5 minutes per side for a medium-rare steak. Cook until desired degree of doneness. Serve warm with the onions as a topping.

### **Spicy Shrimp in Garlic Sauce**

1 lb. medium shrimp, peeled and deveined  
2 tbsp. lime juice  
1 tbsp. vegetable oil  
5 cloves garlic, minced  
1 can (14 1/2 oz.) whole peeled tomatoes, cut up  
1/2 cup Pace® Picante Sauce  
2 tsp. chili powder  
4 cups hot cooked rice

Place shrimp in shallow nonmetallic dish. Toss shrimp with lime juice to coat. Heat oil in the Electric Skillet. Add garlic and cook until tender. Add tomatoes, picante sauce and chili powder. Heat to a boil. Cover and cook over low heat (175 degrees). Add shrimp mixture. Cook 10 more minutes. Serve over rice. Serves 4.

### **Spicy Skillet Chicken**

4 skinless, boneless, chicken breast halves  
2 tablespoons olive oil  
1 medium onion, chopped  
3 cloves garlic, minced

2 cups sliced fresh mushrooms  
1 can (10 oz) Ro\*Tel Diced Tomatoes and Green Chilies  
1/4 cup shredded part-skim mozzarella cheese

In the Electric Skillet, cook the chicken in oil and ¼ cup of water until browned (about five minutes each side on medium high heat –300 degrees) Add onion and garlic; sauté until tender, about 5 minutes. Add mushrooms and Ro\*Tel; reduce heat. Cover; simmer 25 minutes, stirring occasionally, or until chicken is done. Sprinkle with cheese. Replace cover and heat until cheese melts. Serve with rice.

Makes 4 Servings

### **Spicy Steamed Shrimp**

Messy, but worth the extra napkins!

3 cups of water  
1 pound tiger prawns with shell  
3 ounces Old Bay™ Seasoning  
1 (12 ounce) jar cocktail sauce

Place the water in the SKILLET. Place the shrimp in the steamer rack and put in Electric Skillet. Make sure not to submerge shrimp. Season the shrimp with Old Bay seasoning. Steam shrimp until pink (medium high heat for about 5-7 minutes). Eat by removing shells as you go and dipping in cocktail sauce.

### **Spicy Sweet Glazed "DUMP" Chicken**

2 Teaspoons Minced Garlic  
2/3 cup Apricot Preserves  
1/3 cup Soy Sauce  
1/3 cup KeSkillethup  
1 Teaspoon Tabasco Sauce  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 277 Calories (kcal); 12g Total Fat; (37% calories from fat); 16g Protein; 28g Carbohydrate; 70mg Cholesterol; 1145mg Sodium

### **Steak Sandwiches With Crispy Onions**

1 cup thinly sliced onions  
2 tablespoons unsalted butter  
1 tablespoon olive oil  
3/4 cup thinly sliced mushrooms  
1 garlic clove, minced  
3/4 cup beef broth  
1 1/2 tablespoons heavy cream  
3 tablespoons keSkillethup 1 1/2 tbs Worcestershire sauce, or to taste  
1 teaspoon Dijon-style mustard  
1 pound grilled steak, cut into 1/8-inch thick slices (I use leftovers)  
1 long loaf of Italian-style bread, halved horizontally and each half buttered lightly, cut into 4 pieces, toasted

In the Electric Skillet, cook the onions in the butter and the oil over moderate heat (300 degrees), stirring occasionally, until they are crisp and golden. Transfer them with a slotted spoon to paper

towels to drain. In the fat remaining in the skillet, cook the mushrooms and the garlic, stirring occasionally, until the mushrooms begin to turn brown. Transfer the mixture to a plate. Add the broth to the skillet and deglaze it by scraping up the brown bits. Add the cream, the ketchup, the Worcestershire sauce, and the mustard and stir in the mushroom mixture and the steak slices. Cover, cook on medium high heat, for 10 minutes. Divide the steak mixture among the bottom bread pieces, sprinkle it with some of the onions, and top the onions with the remaining bread pieces. Serves 4.

### **Steak Skillet Supper**

Makes 4 Servings

1 lb. beef round steak, cut into thin strips  
1 Tbsp cooking oil  
1 can ( 10 ½ oz. ) mushroom gravy  
½ cup water  
½ envelope spaghetti sauce mix with mushrooms ( about 2 Tbsp. )  
3 to 4 medium zucchini cut in 1 ½-inch slices  
Hot cooked noodles or rice

In skillet quickly brown the round steak strips in hot cooking oil. Add mushroom gravy, water, and spaghetti sauce mix; stir till well blended. Cover; cook over low heat (200 degrees) for 20 minutes, stirring occasionally. Add zucchini slices. Cover and continue cooking till zucchini is crisp-tender, 10 to 12 minutes. Serve zucchini mixture over hot noodles or rice.

### **Sticky Chicky "DUMP" Recipe**

2 Tablespoons Oil  
1 Tablespoon Soy Sauce  
3 Tablespoons Smooth Peanut Butter  
3 Tablespoons Ketchup  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 264 Calories (kcal); 20g Total Fat; (68% calories from fat); 17g Protein; 4g Carbohydrate; 70mg Cholesterol; 353mg Sodium

### **Super Fruity "Dump" Chicken**

1 1/2 Pounds Chicken Pieces  
5 oz apricot nectar  
1 teaspoon lemon juice  
3/4 cup fruit cocktail

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 194 Calories (kcal); 12g Total Fat; (54% calories from fat); 15g Protein; 7g Carbohydrate; 70mg Cholesterol; 57mg Sodium

### **Super Sloppy Joes**

1 lb. Ground Beef  
1 small onion, diced  
1/2 large green pepper, diced  
1 clove garlic, minced  
1 large can crushed tomatoes  
2 Tbsp Worcestershire Sauce  
1 Tsp Prepared mustard  
2 Tsp Red wine vinegar  
2 Tbsp Cumin  
1 Tsp Crushed red pepper  
Salt and Black pepper to taste  
Toasted hamburger buns, and sliced cheese.

Brown ground beef at 350 degrees. Drain excess fat. Add onion, green pepper, and garlic, and sauté' until onions and green peppers are soft.(About 10 mins) Add remaining ingredients, and, over low heat (250 degrees, simmer for 25 mins, covered. Serve over toasted hamburger buns, with sliced cheese, if desired.

**Serves:** 4

### **Sweet & Sour "DUMP" Chicken**

1/4 Cup Honey  
2 Tablespoons Honey  
1/4 cup Sherry Vinegar  
2 Tablespoons Sherry Vinegar  
1/8 cup Soy Sauce  
2 Teaspoons Minced Ginger  
4 Cloves Garlic – Crushed  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 240 Calories (kcal); 12g Total Fat; (43% calories from fat); 15g Protein; 20g Carbohydrate; 70mg Cholesterol; 399mg Sodium

### **Sweet & Spicy "DUMP" Chicken**

1 Package Taco Seasoning Mix  
8 oz Apricot Jam  
12 oz Salsa  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 291 Calories (kcal); 12g Total Fat; (36% calories from fat); 16g Protein; 31g Carbohydrate; 70mg Cholesterol; 704mg Sodium

### **Sweet & Sour "DUMP" Pork**

1/4 Cup Honey

2 Tablespoons Honey  
1/4 cup Sherry Vinegar  
2 Tablespoons Sherry Vinegar  
1/8 cup Soy Sauce  
2 Teaspoons Minced Ginger  
4 Cloves Garlic – Crushed  
1 1/2 Pounds Pork Chops

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 300 degrees for 30 minutes until done.

Per serving: 248 Calories (kcal); 11g Total Fat; (40% calories from fat); 18g Protein; 20g Carbohydrate; 56mg Cholesterol; 389mg Sodium

### **Sweet and Spicy Turkey Skillet**

The spiciness of ginger and red pepper combine with the sweetness of crisp apple and the saltiness of hoisin sauce, making this turkey dish the perfect antidote to the humdrum meal.

1 8-ounce whole turkey tenderloin(s)  
1/4 cup apple juice  
2 tablespoons bottled hoisin sauce  
1/2 teaspoon grated fresh ginger  
1/8 teaspoon salt  
Dash ground red pepper  
1/2 cup red, green, and/or yellow sweet pepper cut into thin bite-size strips  
1 small onion(s), cut into thin wedges  
1 tablespoon cooking oil  
3 tablespoons cold water  
1 teaspoon cornstarch  
1 small apple(s) or pear(s), peeled (if desired), cored, and cut into wedges

Cut each turkey tenderloin in half horizontally to form two 1/2-inch steaks; set aside. In a small bowl stir together apple juice, hoisin sauce, ginger, salt, and ground red pepper; set aside.

In a large electric skillet cook sweet pepper strips and onion wedges in hot oil over medium-high heat (300 degrees) for 4 to 5 minutes or until nearly tender. Remove vegetables, reserving oil in skillet. Add turkey to oil in skillet. Cook about 4 minutes or until brown, turning once.

Return cooked vegetables to skillet. Add apple juice mixture. Bring to boiling; reduce heat. Simmer, covered (250 degrees) , for 8 to 10 minutes or until turkey is done. Using a slotted spoon, transfer turkey and vegetables to a serving platter, reserving liquid in skillet. Cover and keep warm.

Combine water and cornstarch; add to liquid in skillet. Cook and stir until thickened and bubbly. Add apple. Cook, covered, about 3 minutes more or just until apple is slightly softened. Spoon apple mixture over turkey and vegetables. Makes 2 servings.

### **Swiss Steak**

1 pound boneless beef top round steak  
3 tablespoons corn starch  
1 can clear Beef broth  
1/2 teaspoon garlic powder  
1 cup cut-up canned tomatoes  
1 cup onion cut in wedges

1/2 cup sliced celery  
4 cups hot cooked egg noodles

Slice beef into very thin strips. In small bowl mix cornstarch and 1 cup broth until smooth. Set aside. Spray electric skillet with cooking spray and heat over medium-high heat (300 degrees) for 1 minute. Add beef in 2 batches and cook until browned. Set beef aside. Add remaining broth, garlic powder, tomatoes, onion and celery. Heat to a boil. Reduce heat to low (225 degrees). Cover and cook 5 minutes or until vegetables are crisp-tender. Stir in cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return beef to pan and heat through. Serve over noodles.

### **Swiss Steak #2**

1 Round Steak  
1 onion  
Oil  
Flour  
1 8 oz can tomato sauce  
1 14 oz can pizza sauce

Brown 1 sliced onion in a little oil in the Electric Skillet at 325 degrees. Remove browned onion from oil. Flour 1 round steak that has been tenderized and cut into serving pieces. Brown in oil in the Electric Skillet, covered. Turn the steak and cook for 5 more minutes. Drain off any remaining oil. Mix together 1-8 oz. can of tomato sauce and 1-14 oz. can pizza sauce. Put onion on meat browned meat pieces. Pour the tomato sauce-pizza sauce mix on the steak. Add 1 cup of water around (not on) the steak. Cover and simmer 15 minutes on medium high heat (275 degrees).

### **Taco Bake**

1 lb ground beef  
1 onion, chopped  
3/4 cup water  
1 package (1 3/4 ounces) taco seasoning  
1 (15 ounce) can tomato sauce OR 2 cans (8 ounce each) tomato sauce  
1 package (8 ounce) shell macaroni, uncooked  
1 can (4 ounce) mild chopped green chilies  
2 cups mild shredded cheese

In the Electric Skillet, brown the beef and onions at 350 degrees. Drain the fat. Add the water, taco seasoning and tomato sauce to the hamburger; mix. Simmer for on medium heat at 250 degrees, covered, for 10 minutes. Stir in macaroni and chopped green chilies. Add one cup of water. Cover and cook on medium high for 15 minutes. In the last couple of minutes of cooking, top with shredded cheddar cheese. Serves 6 to 8.

### **Taco Burgers**

1 1/2 lb. ground beef  
1 can (10 3/4 oz.) Campbell's® Fiesta Chili Beef Soup  
1/3 cup water  
6 slices Cheddar cheese (about 6 ounces)  
6 taco shells  
Sliced green onions

Shape beef into patties, 1/2" thick. Preheat the electric skillet to 325 degrees. Add soup and water to the Electric Skillet. Heat to a boil. Return patties to the skillet and reduce the heat to low (200 degrees). Cover and cook for 20 minutes.



Remove cover and place cheese on patties and cook until cheese is melted. Serve in taco shells. Garnish with onions. Serves 6.

### **Taco Soup**

2 lb. ground beef  
Onion, if desired  
2 cans corn  
2 cans ranch style beans  
3 cans stewed tomatoes  
1 can water  
1 taco seasoning packet  
1 Hidden Valley Ranch dip mix

Brown meat and onion in the Electric Skillet. Drain the grease. Add corn, beans and tomatoes, water, seasoning packet and dip mix. Stir and cover. Turn to medium high heat (250 degrees) for 20 minutes. Serve with or over corn bread or tortilla chips.

### **Teriyaki Burgers**

1 1/2 lb. ground beef  
1 can Campbell's® Condensed Beef Broth  
1 tbsp. soy sauce  
2 tsp. brown sugar  
1/4 tsp. ground ginger  
6 round sandwich rolls

Shape the beef into 6 patties, 1/2" thick. Place in the Electric Skillet (preheated to 300 degrees). Cook for 5 minutes -- turn the burgers and cook for five more minutes ..... until desired doneness. Pour off the fat. Add broth, soy sauce, sugar and ginger. Heat to a boil. Cover and cook over low heat 5 min. or until done.

Serve on rolls with broth mixture. Serves 6.

### **Teriyaki "DUMP" Chicken**

1 Clove Garlic – Crushed  
1/3 cup Soy Sauce  
2 Tablespoons Rice Wine (Or Sherry)  
1 1/2 Tablespoons Cider Vinegar  
1 1/2 Tablespoons Brown Sugar  
1 1/2 Tablespoons Minced Ginger  
1 1/2 Pounds Chicken Pieces

Spray Electric Skillet with no-cook spray if desired. Place all ingredients in a plastic ziplock bag and turn to coat. Place all ingredients in the skillet and turn to coat. Cover and cook at 325 degrees until chicken juices run clear.

Per serving: 193 Calories (kcal); 12g Total Fat; (56% calories from fat); 15g Protein; 5g Carbohydrate; 70mg Cholesterol; 971mg Sodium

### **Teriyaki Steak Recipe (5 Points)**

2 1/2 pounds Boneless chuck steak  
2 tablespoons Oil  
1 teaspoon Ground ginger  
1/2 cup Soy sauce  
1 tablespoon Sugar  
1 Clove garlic crushed

Cut steak into 1/8-inch thick slices. Combine remaining ingredients in a small bowl. Place meat in the Electric Skillet that has been preheated to 350 degrees. Pour sauce over the steak. Cover, cook for 20 minutes. Serve with rice. Makes 5-6 servings.

### **Turkey Crunch**

3 cups diced cooked turkey  
1/4 cup green pepper, chopped  
4 oz Mushrooms  
1/2 teaspoon poultry seasoning  
2 cans Cream of mushroom soup  
1/2 cup celery, chopped  
1/4 cup onion, chopped  
1 cup milk  
2 oz jar sliced pimento, drained  
3 oz Chow mien noodles  
1 x Butter

Combine turkey, mushrooms, celery, onion, green pepper, pimento and poultry seasoning and place in the Electric Skillet (that has been greased with butter). Blend together mushroom soup and milk and pour over the turkey mixture. Sprinkle chow mien noodles over top. Cover, cook on medium heat for 20 minutes at 300 degrees. Insure the turkey is done before serving.

### **Turkey Enchiladas In An Electric Skillet**

Yield: 12 Servings

1 oil  
8 oz canned whole green chilies  
1 large garlic clove; minced  
1 large can tomatoes (1-lb, 12-oz size)  
2 cup chopped onion  
2 tsp. salt; divided  
1/2 tsp. dried oregano  
3 cup shredded cooked turkey  
2 cup sour cream  
2 cup grated cheddar cheese  
24 corn tortillas

Heat 2 tablespoons oil in an electric skillet at 300 degrees F. Meanwhile, rinse seeds from chilies and chop. Add chilies and garlic to oil and sauté.

Drain tomatoes, reserving 1 cup liquid. Break up tomatoes and add to skillet with onion, 1 teaspoon salt, oregano and reserved tomato liquid (if necessary add water to tomato liquid to make 1 cup). Reduce heat to 200 degrees and simmer, uncovered, until thick, about 30 minutes. Remove sauce from skillet and set aside.

In a large bowl, combine turkey, sour cream, Cheddar and remaining teaspoon salt. Heat 1/3 cup

oil in large pan over medium-high heat. Dip tortillas in oil until they become limp. Drain well on paper towels.

Spread turkey mixture down the center of each tortilla; roll up to form enchiladas. Arrange each enchilada side by side, seam side down, in electric skillet. Pour sauce over top and heat at 250 degrees F until heated through, about 20 minutes. Makes 24 small enchiladas.

Alternatively, arrange enchiladas in a 13-by-9-by-2 inch baking dish, pour sauce over top and bake in a 350 degree F oven until heated through.

### **Vegetable Medley**

1 can (14 ounces) Swanson® Vegetable Broth  
1 1/3 cup of water  
3 cups cut-up vegetables \*

In the Electric Skillet, that has been preheated to 300 degrees, heat the Broth, water and vegetables to a boil. Reduce heat to low (170 degrees). Cover and cook 5 minutes or until vegetables are tender-crisp (Medium High Heat). Drain.

\*Use a combination of broccoli flowerets, cauliflower flowerets, sliced carrot and sliced celery.

### **Vegetable Skillet Meal**

3 large Idaho potatoes  
3 green peppers, -- cut in strips  
1-cup broccoli florets  
1 large onion, -- sliced  
3/4 cup sliced mushrooms, -- optional  
2 large tomatoes, chopped  
3 tablespoons butter  
3 tablespoons oil

Boil peeled potatoes until not quite done. Cool and then cut into cubes. Melt butter in electric skillet and sauté onion, then potatoes. Remove onion and potatoes and place in bowl for the time being. Heat oil and toss in peppers. Sauté briefly and add broccoli. Sauté and then add mushrooms. Sauté tomatoes briefly. Return the onion mixture to skillet and season with soy sauce, salt and pepper. Turn off and top with cheese if desired. Note: vegetable broth may be substituted for some of the butter and oil if desired.

### **Vegetable Soup**

2 lb. stew meat, cut up in sm. Pieces  
1 can sliced carrots  
1 can sliced potatoes  
1 can tomatoes, cut up  
1 can corn  
1 c. frozen peas

1 c. frozen lima beans  
2 (10 3/4 oz.) cans tomato soup  
1 onion, sliced  
1 tsp. Salt  
Dash of pepper  
1 1/3 c. water  
1 bay leaf

Combine all ingredients in and place in the Electric Skillet. Cover, turn to medium high heat (250 degrees). Cook for 25 minutes. Great with Grilled Cheese Sandwiches!!

### **Western Baked Beans**

1 lb. ground beef  
1 package Lipton onion soup mix  
1 cup ketchup  
2 Tbs. brown sugar  
1 tsp. prepared mustard  
1 Tbs. vinegar  
1/2 cup water  
2 1/2 lb. pork n'beans

Brown and drain the ground beef in skillet at 350 degrees. Sprinkle Lipton onion soup mix over meat and add water to mix. Add ketchup, brown sugar, mustard and vinegar. Cook until the onions are tender. Add pork n'beans and simmer for about 1/2 hour at 225 degrees. Serves 6.

### **Western Beef and Bean Casserole**

1 lbs. Ground Beef  
16 oz. Corn, Green Beans OR Red Beans  
10 oz. Tomato Soup OR Juice  
1 tsp. Onion, Chopped OR Powder  
1/2 cup Picante Sauce  
1 package Corn Bread Mix\*\*

Brown the ground beef in the Electric Skillet at 350 degrees and drain off the fat. Add corn or beans, tomato soup, onion and picante sauce. Cover and heat for 10 minutes at 250 degrees. Mix the corn bread mix according to package instructions. (use two packages if you want thick crust). Spoon the batter over the beef mixture. Cover and cook for 10 minutes or until corn bread is done (wood pick comes out clean).

### **Western Omelet Casserole**

1 bag (32 oz.) frozen hash brown potatoes  
1 lb. of bacon diced, cooked and drained OR 1 lb. cooked ham, cubed  
1 med. diced onion  
1 green bell pepper diced  
1 1/2 C shredded cheddar or Monterey Jack cheese  
1 dozen eggs  
1 C milk  
1 tsp. Salt  
1 tsp. pepper (more or less to taste)

Place a layer of frozen potatoes on the bottom of the Electric Skillet and pour 1 cup of water on top of the hash browns. Cover, cook on medium heat for 8 minutes. Turn the potatoes and cook 3 more minutes. Stir the potatoes. Drain off the water. Start layering the ingredients --- bacon or

ham, onion, green pepper, and followed by the cheese. Beat the eggs, milk and salt & pepper together. Pour over the mixture, cover and turn to 200 degrees. Cook on medium 15-20 minutes,

### **Yummy Chicken Wings**

12-18 chicken wings  
1/3 cup soy sauce  
1 tsp ginger  
2 garlic cloves, minced  
2 green onions, minced  
1 Tbsp honey  
2 tsp oil

Combine ingredients in your Electric Skillet. Cover, turn heat to medium high (250 degrees), and cook for 25 minutes. Remove the cover halfway and stir.