
NEP

Nutrition Education Program

SKILLET MEALS



Utah State
UNIVERSITY
EXTENSION

Department of
Workforce Services





SKILLET MEALS

Skillet meals can add interest and variety to everyday meals. They are easy to make and serve. They are perfect for busy homemakers who are pushed for a nutritious meal in minutes. Making a skillet meal is also a good way to use up leftovers in the refrigerator.

Things to Know

- ◆ Skillet meals provide part of the protein that we need in the form of fish, meat, poultry, eggs, and cheese.
- ◆ A skillet meal can contain something from every food group. If it doesn't contain all the ingredients for a complete meal, replace what is lacking with a side dish.
- ◆ You can save money when preparing a skillet meal by:
 - Using bread or dried beans to extend the meal.
 - Using less tender cuts of meat. You can make them more tender by cooking slowly with moisture, grinding, cubing, pounding and scoring.
 - Using leftovers.
 - Using fresh vegetables only if they are in season.
- ◆ The directions for assembling a skillet meal can be used for oven casseroles as well. Simply mix or layer ingredients in a casserole dish and place in a 350 degree oven and bake until hot and bubbly (about 35 minutes).

Skills

- ◆ Keep food in bite-size pieces which you can identify.
- ◆ Provide contrast in flavor, color and texture.
- ◆ A covered pan or skillet retains heat and moisture for quick cooking.
- ◆ Do not overcook any foods that need to be precooked for use in skillet meals. This is especially true for rice, noodles, macaroni and other pasta products. They will finish cooking during the time the skillet meal is cooking.

Storage

- ◆ Skillet meals can be refrigerated for a few days. Store in air tight containers.
- ◆ Skillet meals do not freeze well after cooking because pasta turns mushy. However, all the ingredients may be combined ahead of time and frozen until ready to cook.

Skillet Meals Using the Food Guide Pyramid

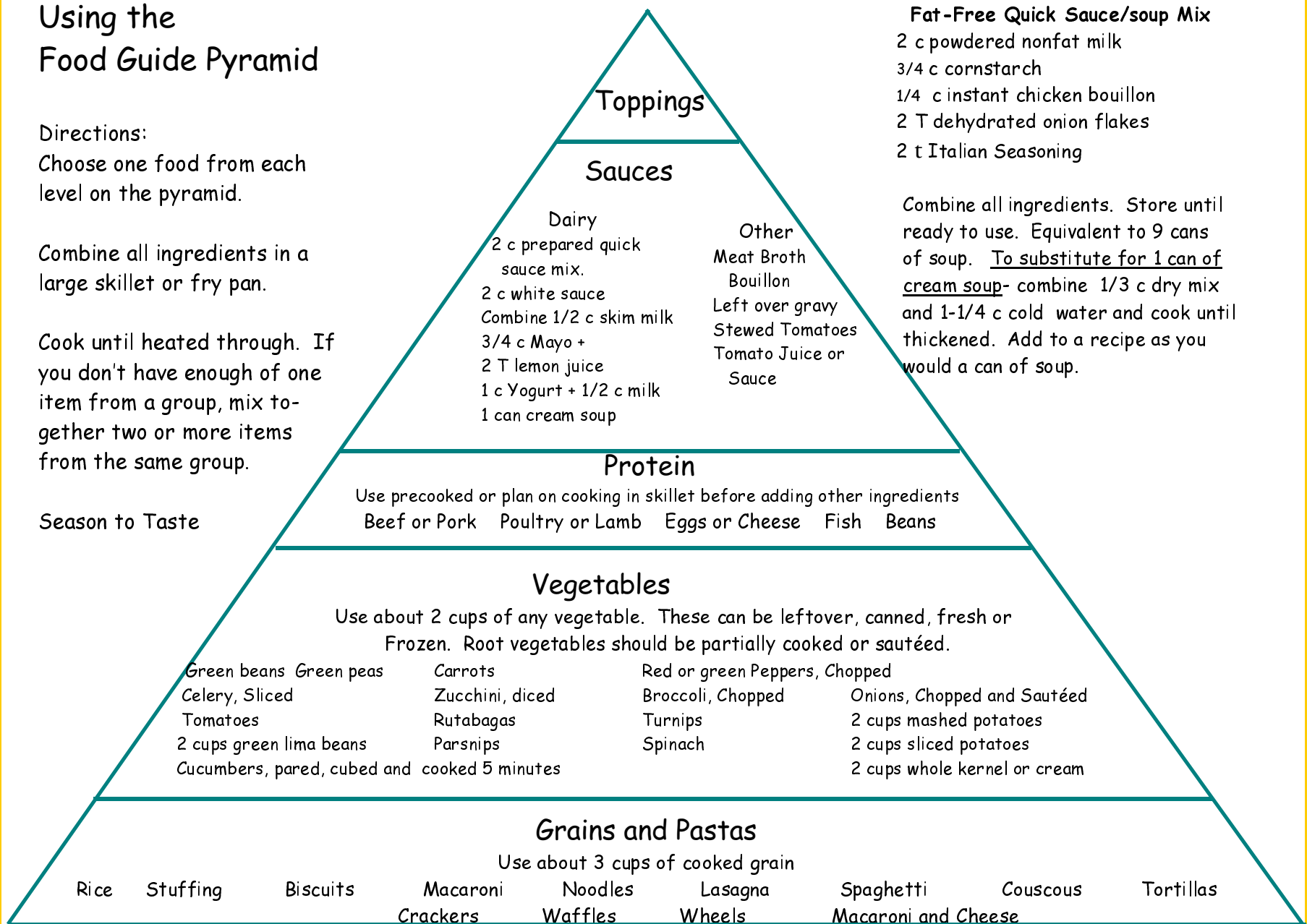
Directions:

Choose one food from each level on the pyramid.

Combine all ingredients in a large skillet or fry pan.

Cook until heated through. If you don't have enough of one item from a group, mix together two or more items from the same group.

Season to Taste



Fat-Free Quick Sauce/soup Mix

- 2 c powdered nonfat milk
- 3/4 c cornstarch
- 1/4 c instant chicken bouillon
- 2 T dehydrated onion flakes
- 2 t Italian Seasoning

Combine all ingredients. Store until ready to use. Equivalent to 9 cans of soup. To substitute for 1 can of cream soup- combine 1/3 c dry mix and 1-1/4 c cold water and cook until thickened. Add to a recipe as you would a can of soup.

Toppings

Sauces

Dairy

- 2 c prepared quick sauce mix.
- 2 c white sauce
- Combine 1/2 c skim milk
- 3/4 c Mayo +
- 2 T lemon juice
- 1 c Yogurt + 1/2 c milk
- 1 can cream soup

Other

- Meat Broth
- Bouillon
- Left over gravy
- Stewed Tomatoes
- Tomato Juice or Sauce

Protein

Use precooked or plan on cooking in skillet before adding other ingredients

- Beef or Pork
- Poultry or Lamb
- Eggs or Cheese
- Fish
- Beans

Vegetables

Use about 2 cups of any vegetable. These can be leftover, canned, fresh or Frozen. Root vegetables should be partially cooked or sautéed.

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|-----------------------------|------------------|-----------------|-------------------------------|
| Green beans | Green peas | Carrots | Red or green Peppers, Chopped |
| Celery, Sliced | | Zucchini, diced | Broccoli, Chopped |
| Tomatoes | | Rutabagas | Onions, Chopped and Sautéed |
| 2 cups green lima beans | | Parsnips | 2 cups mashed potatoes |
| Cucumbers, pared, cubed and | cooked 5 minutes | | 2 cups sliced potatoes |
| | | | 2 cups whole kernel or cream |

Grains and Pastas

Use about 3 cups of cooked grain

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|------|----------|----------|----------|---------|---------|---------------------|----------|-----------|
| Rice | Stuffing | Biscuits | Macaroni | Noodles | Lasagna | Spaghetti | Couscous | Tortillas |
| | | | Crackers | Waffles | Wheels | Macaroni and Cheese | | |



Company Casserole

Ingredients:

1/8 tsp. salt	4 Tbsp. butter
5 cups water	2 Tbsp. flour
1 medium head cauliflower (about 4 cups florets)	1 cup milk
2 cups cooked ham, cubed	1/4 tsp. salt
1/2 lb. fresh sliced mushrooms	1 cup cheddar cheese, shredded
	1/2 cup fine bread crumbs

Directions:

Cook cauliflower in water and salt until tender, drain. Sauté mushrooms in 2 Tbsp. oil. Combine cauliflower, ham and mushrooms together in a 1 1/2 quart casserole dish. In a medium saucepan, over medium heat, melt remaining butter; stir in flour and remaining salt. Add milk and stir until mixture thickens. Add sour cream and half of the cheese to sauce; stir to melt cheese. Pour over vegetables. Top with remaining cheese and sprinkle with bread crumbs. Bake uncovered at 350° for 25-30 minutes, until hot and crusty.

Company Casserole Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		6	
Amount per serving			
Calories	361	Calories from Fat	200
% Daily Value			
Total Fat	13g		34%
Saturated Fat	5g		59%
Cholesterol	30 mg		29%
Sodium	660 mg		66%
Total Carbohydrate	5g		5%
Dietary Fiber	0g		6%
Sugars	5g		
Protein	5g		
Vitamin A	12%	Vitamin C	57%
Calcium	22%	Iron	14%



Ground Beef Stroganoff

Ingredients:

- | | |
|--------------------|-------------------------------|
| 1 lb. ground beef | 2 cups water |
| 2 Tbsp. flour | 2 cups noodles |
| 3/4 tsp. salt | 1 can cream of mushroom soup* |
| 1/4 tsp. pepper | 2 Tbsp. minced onion |
| 1/2 cup sour cream | |

Directions:

Brown beef in skillet. Combine flour, salt and pepper. Add onion and 2 cups of water and bring to boil. Sprinkle in noodles and cook about 20 minutes. Stir in soup and sour cream. Heat 2-3 minutes.

* 1/2 cup Basic Sauce Mix plus 1/2 cup water may be substituted for one can of cream of mushroom soup.

Ground Beef Stroganoff Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		4	
Amount per serving			
Calories	559	Calories from Fat	209
% Daily Value			
Total Fat	13g		36%
Saturated Fat	5g		45%
Cholesterol	30 mg		30%
Sodium	660 mg		36%
Total Carbohydrate	5g		16%
Dietary Fiber	0g		7%
Sugars	5g		
Protein	5g		
Vitamin A	27%	Vitamin C	9%
Calcium	5%	Iron	27%



Cheeseburger Casserole

Ingredients:

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|------------------------|---------------------------------|
| 1 lb. ground beef | 1/2 cup Basic Sauce Mix |
| 1 cup water | 1 cup uncooked macaroni |
| 1/2 cup cheddar cheese | 1 (16 oz.) can chopped tomatoes |

Directions:

Brown beef, drain fat. Add remaining ingredients, except for cheese. Simmer covered for 20 minutes or until macaroni is tender. Remove from heat and add cheese.

Yield: 6 servings

Cheeseburger Casserole Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		6	
Amount per serving			
Calories	8	Calories from Fat	0
% Daily Value			
Total Fat	13g		27%
Saturated Fat	5g		38%
Cholesterol	30 mg		23%
Sodium	660 mg		22%
Total Carbohydrate	5g		9%
Dietary Fiber	0g		4%
Sugars	5g		
Protein	5g		
Vitamin A	11%	Vitamin C	19%
Calcium	20%	Iron	19%



Hearty Potato Casserole

Ingredients:

1 lb. ground beef

3/4 cup water

6 potatoes, peeled and thinly sliced

1 cup frozen peas and carrots

1/2 cup plus 1 Tbsp. Basic Sauce Mix

Directions:

Brown beef; drain fat. Add remaining ingredients. Simmer covered for 20-30 minutes or until potatoes are tender. Stir and cook uncovered until excess water is evaporated.

Yield: 8 servings

Hearty Potato Casserole Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		8	
Amount per serving			
Calories 331		Calories from 100	
% Daily Value			
Total Fat	13g		17%
Saturated Fat	5g		21%
Cholesterol	30 mg		15%
Sodium	660 mg		35%
Total Carbohydrate	5g		13%
Dietary Fiber	0g		15%
Sugars	5g		
Protein	5g		
Vitamin A	24%	Vitamin C	60%
Calcium	18%	Iron	35%



Skillet Lasagne

Ingredients:

1 lb. ground beef	1 tsp. Italian seasoning
$\frac{1}{2}$ cup onion	1 - 8 oz. pkg. wide noodles
2 (8 oz.) cans tomato sauce	1 cup cottage cheese
$1\frac{1}{2}$ cup water	$\frac{1}{2}$ cup grated cheese
$\frac{1}{4}$ tsp. garlic powder	

Directions:

Brown beef and onion in a large frying pan; drain. Add tomato sauce, water, garlic powder and seasoning; bring to a boil. Add uncooked noodles, cover and simmer for 10 minutes. Stir mixture; spread cottage cheese on top and sprinkle with grated cheese. Cover and simmer for 10 minutes until noodles are tender.

Yield: 6 servings

Skillet Lasagne Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		6	
Amount per serving			
Calories	443	Calories from Fat	182
% Daily Value			
Total Fat	13g		31%
Saturated Fat	5g		44%
Cholesterol	30 mg		23%
Sodium	660 mg		32%
Total Carbohydrate	5g		12%
Dietary Fiber	0g		10%
Sugars	5g		
Protein	5g		
Vitamin A	19%	Vitamin C	20%
Calcium	13%	Iron	21%