

Mix and Match Skillet

This is a great skillet to make use of whatever is on hand. Its versatility makes for a well-balanced meal in a single dish!

Makes: 6 cups
 Prep Time: 15 minutes
 Cook Time: 45 minutes

Source: Food Hero.org recipe - mix and match skillet

Ingredients

- 1 cup grain, uncooked
- 1 ½ cups vegetables, fresh, canned or frozen, cut bite-sized
- 1 cup protein, cut bite-sized
- 2 cups sauce, stirred
- ½ teaspoon spices
- 3 tablespoons topping

Directions

To make in a skillet:

1. Combine all ingredients except topping in a large skillet.
2. Bring to a boil. Then reduce heat to low. Cover and simmer until grains are tender, about 15 to 45 minutes. Stir occasionally and add liquid if too dry.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.

To bake in oven:

1. Preheat oven to 350 degrees.
2. Combine all ingredients except topping in a casserole dish. Cover with aluminum foil and bake until grains are tender, about 50 to 60 minutes
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	233
Total Fat:	4.4 g
Saturated Fat:	1.5 g
Cholesterol:	22 mg
Sodium:	443 mg
Total Carbohydrates:	37 g
Dietary Fiber:	4.3 g
Total Sugars:	4.2 g
Added Sugars:	0 g
Protein	11.5 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Skillet with lid or casserole dish

SHOPPING LIST

Average total cost without oil and seasonings: \$7.83

Average cost/serving: \$1.31

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown Rice, 16 oz



Add 1 to Cart
Canned Condensed Soup,
10.5 oz



Add 1 to Cart
Frozen Mixed Vegetables,
12 oz



Add 1 to Cart
Whole Wheat Saltines, 10 oz



Add 1 to Cart
Ground Beef, 1 lb (16 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Try using common kitchen staples to make up the elements of this interchangeable dish. Below is a list of example ingredients that would work well.
 - Grain: Bulgur, pasta, quinoa, or rice
 - Vegetables: Corn, carrots, green beans, onions, mushrooms, peppers, zucchini, or mixed vegetables
 - Protein: Cooked cubed or ground beef, pork, chicken, or turkey, canned tuna or salmon, tofu or beans
 - Sauce: Condensed soup such as chicken, potato, or tomato soup, plus 1 1/4 cups water or low-fat milk
 - Spices: Basil, oregano, parsley, chili powder, garlic, onion powder, or ground ginger
 - Topping: Grated cheese or crushed whole grain cereal or crackers