

**BEEF STROGANOFF FOR THE
21ST CENTURY**

Emergency Dinners

Ingredients

- 1 lb. beef tenderloin tips
- 1 1/2 cups whole wheat bow tie pasta
- 1/2 lb. mushrooms, sliced
- 1/3 cup chopped onion
- 2 teaspoons olive oil
- 2 tablespoons whole wheat flour
- 1 10.5 oz. can beef broth

Nutritional Info

- Fat: **27.1g**
- Carbohydrates: **14.6g**
- Calories: **409.9g**
- Protein: **25.3g**
- **Makes 4 Servings**

Ready in 25 minutes.

1. Cook pasta according to package directions.
2. While pasta is cooking, trim fat from meat and cut into 1 x 1/2" pieces. Spray a large skillet with vegetable cooking spray. Heat skillet over medium-high heat until hot. Add beef and stir-fry 3-5 minutes until outside surface is no longer pink. Remove from skillet.
3. In the same skillet, add the olive oil and heat until hot. Add the onions and mushrooms and cook until tender, about 2-3 minutes.
4. Stir in the flour. Gradually add 1 cup beef broth, stirring until blended. Bring to boil. Cook and stir 2 minutes. Return beef to skillet and heat through. If stroganoff appears too thick, add more beef broth to thin as desired. Salt and pepper to taste. Serve beef mixture over pasta. Add dollop of sour cream, if desired.



20 MINUTE CHICKEN CREOLE

Emergency Dinners

Ingredients

- nonstick cooking spray as needed
- 4 medium chicken breast halves, skinned, boned, and cut into 1" strips*
- 1 can (14 oz.) tomatoes, cut up**
- 1 cup low-sodium chili sauce
- 1-1/2 cups green peppers, chopped (1 large)
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 cloves minced garlic
- 1 tablespoon fresh basil or 1 teaspoon dried
- 1 tablespoon fresh parsley or 1 teaspoon dried
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt

Nutritional Info

- Fat: **4.5g**
- Carbohydrates: **20.7g**
- Calories: **255.4g**
- Protein: **33.3g**
- **Makes 4 Servings**
(serving size 1-1/2cup)

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

1. Spray a deep skillet with nonstick spray coating. Preheat pan over high heat.
 2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
 3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
 4. Serve over hot cooked rice or whole wheat pasta.
- * You can substitute 1 lb. boneless, skinless, chicken breast, cut into 1-inch strips.
** To cut back on sodium, try low sodium canned tomatoes.



20 MINUTE CHICKEN PARMESAN

Emergency Dinners

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 large egg, lightly beaten
- 1/2 cup Italian-seasoned breadcrumbs
- 2 tablespoons butter or margarine, melted
- 1-3/4 cups spaghetti sauce
- 1/2 cup (2 oz.) shredded mozzarella cheese
- 1 tablespoon grated parmesan cheese
- 1/4 cup chopped fresh parsley

Nutritional Info

- Fat: **13.8g**
- Carbohydrates: **20.8g**
- Calories: **362.3g**
- Protein: **36.7g**
- **Make 4 Servings**

A low-fat and easy to prepare version of this favorite chicken entree.

1. Place chicken between two sheets of heavy-duty plastic wrap; flatten to 1/4 inch thickness, using a meat mallet or rolling pin. Dip chicken in egg, and dredge between breadcrumbs.
2. Cook chicken in butter in a large skillet over medium-high heat until browned on both sides. Spoon spaghetti sauce over chicken; bring to a boil. Cover, reduce, heat and simmer 10 minutes.
3. Sprinkle with cheeses and parsley; cover and simmer 5 additional minutes or until cheeses melt.



15 MINUTE CHILI

Emergency Dinners

Ingredients

- 1 pound ground turkey
- 1/2 cup chopped onion
- 1 16 oz. can pinto beans, drained and rinsed
- 1 16 oz. can kidney beans, drained and rinsed
- 1 28 oz. can chopped stewed tomatoes
- 1 tablespoon chili powder
- 1/2 cup salsa

Nutritional Info

- Fat: **13.3g**
- Carbohydrates: **32.3g**
- Calories: **370.8g**
- Protein: **31.3g**
- **Makes 4 Servings**

1. In a large pot, brown turkey with chopped onion.
2. Add beans, tomatoes, chili powder, and salsa to turkey mixture. Cook until hot.
3. Serve with cornbread, cooked pasta, cooked rice, or on top of a baked potato. Sprinkle with cheese if desired.

