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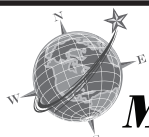
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Kitchen Chatter

by Nancy Winfrey



WHAT'S ON YOUR MENU THIS WEEK

Make your weeknights a little bit easier with these quick dinner recipes...

CHICKEN & BROCCOLI CASSEROLE

3 or 4 chicken breast halves, baked until tender
2 packages (10-oz. each) frozen broccoli, cooked an drained
2 cans cream of chicken soup
1 cup mayonnaise
1 tablespoon lemon juice
1/2 cup toasted slivered almonds
1/2 to 3/4 cup grated sharp Cheddar cheese
1/2 cup breadcrumbs
Butter or margarine, melted

Chop chicken breasts and place one layer of the chopped chicken in the bottom of baking dish, and a layer of the broccoli. Combine the 2 cans soup with the mayonnaise and lemon juice. Pour half the soup mixture over the broccoli layer. Repeat layer, ending with the soup. Sprinkle with the toasted almonds, sprinkle the grated cheese over all and top with desired amount of breadcrumbs that have been tossed with melted butter. Place in 350 degree oven and bake for 30 minutes.

TUNA & MACARONI BAKE

1 small box macaroni, cooked and drained
1 can tuna, drained
1/2 cup grated sharp Cheddar cheese
2 hard cooked egg, sliced or chopped
1 can green peas or 1 box frozen, run under hot water to thaw
1 medium onion, grated or finely chopped
1 can cream of mushroom soup
Potato chips, coarsely crushed

Generously butter a baking dish and layer the ingredients in the dish except for the crushed chips. Sprinkle the crushed chips over the casserole and bake in 350 degree oven for about 35 minutes or until bubbly hot.

BEEF STROGANOFF

1-1/2 pounds round steak, cubed
1 can cream of mushroom soup
1 medium onion, grated
1 small can mushroom pieces, drained
1 stick butter or margarine
1/2 pint sour cream
1/2 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 clove garlic, minced
Canned beef broth
Cook rice or noodles

Combine the salt, pepper and flour in a plastic bag, add the steak cubes, shake until coated. In a large skillet, melt the butter or margarine and add the floured meat cubes, onions, mushrooms and minced garlic. Cook the meat until browned. Combine the mushroom soup, 1 cup canned beef broth and blend. Add soup mixture to the meat mixture in skillet. Bring to a soft boil, cut heat down to simmer, cover, and cook for about 45 to 60 minutes, stirring occasionally and adding more broth if mixture becomes too thick. When meat is tender, stir in the sour cream, heat until heated through and through. Serve over hot fluffy rice or buttered noodles. Pass more sour cream. Serves 6.

EASY HAMBURGER SUPPER BAKE

1 pound ground beef
2 tablespoons vegetable oil
1 medium onion, finely chopped
1 clove garlic, minced
1 can cream of mushroom soup
1 can cream of chicken soup
2 soup cans water
1/2 cup regular white rice
4 tablespoons soy sauce
1/8 teaspoon pepper
1 small can Chow Mein noodles

Preheat oven to 350 degrees. Generously butter a baking dish - set aside. In a skillet, add the oil and heat, add the onions, garlic and ground beef and cook until done, stirring to crumble meat. Combine the meat mixture with the soups, water, rice, soy sauce and pepper and blend well. Pour mixture into prepared pan and bake uncovered for about 50 minutes. Remove from oven, sprinkle with chow Mein noodles and bake 10 minutes longer. Serves 6.

GREAT BARBECUED PORK CHOPS

6 thick loin or rib pork chops
1 tablespoon salt
1 tablespoon pepper
1 small onion, chopped
2 tablespoons prepared mustard
2 teaspoons cider vinegar
1/2 cup bottled French dressing
1 cup catsup
1/2 cup water

In a large skillet, brown the chops in a bit of vegetable oil until lightly browned on both sides. Arrange the chops in a baking dish. Sprinkle with salt and pepper. Place the chopped onions on top of the chops. In a saucepan, combine the mustard, vinegar, French dressing, catsup and water, blend and heat over low heat for about 3 minutes. Pour sauce over the chops, place in 350 degree oven and bake for about 45 minutes. Serves 6.

QUICK AND EASY MACARONI & CHEESE WITH TUNA

1 package (7-1-4-oz.) macaroni and cheese dinner
2 tablespoons margarine
1/4 cup milk
2 tablespoons dry sherry (optional)
1 can (6-1/2 or 7-oz.) tuna, packed in water and drained
2 cups frozen peas and carrots, thawed

In a large pan, cook the macaroni according to directions on package and drain well and place drained macaroni back in pan. Over low heat, stir in the margarine, milk, sherry and cheese sauce mix from macaroni package. Cook and stir over medium-high heat, stirring about 2 to 3 minutes until thoroughly blended. Stir in the tuna, vegetables and pasta and heat through and through. Serve immediately. Serves 4.

This Easy Tuna Mac & Cheese Casserole is a dish even tuna haters will love. You only need a handful of ingredients to make it & it's SO easy & cheap!!

Helen Thigpen

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