

Recipe IDEAS



Roasted Chicken

1) Barbecue Chicken

Cover with your favorite BBQ sauce, place on cooking sheet sprayed with nonstick spray and cook for 20-25 minutes at 375 degrees from frozen; 15-20 minutes at 375 degrees from thawed.

2) Ranch Chicken

Place chicken pieces on cooking sheet sprayed with nonstick spray, sprinkle with ranch powder seasoning and cook for 20-25 minutes at 375 degrees from frozen; 15-20 minutes at 375 degrees from thawed.

3) Buffalo Chicken

Cover with your favorite wing sauce, place on cooking sheet sprayed with nonstick spray and cook for 20-25 minutes at 375 degrees from frozen; 15-20 minutes at 375 degrees from thawed. Serve with ranch dressing and celery sticks.

Mixed Vegetables

1) Quick and Easy Vegetable Soup

INGREDIENTS

- 8 cups 64 ounces tomato juice (or use 4 cups tomato juice and 4 cups water)
- 6 cups frozen mixed vegetables peas, carrots, green beans, and corn
- 1/2 cup star-shaped pasta uncooked

INSTRUCTIONS

1. Combine all ingredients in a large pot.
2. Cover, and heat to a simmer.
3. Turn heat to low. Heat soup until all vegetables are heated through and pasta is cooked, stirring occasionally.
4. Serve immediately.

2) Slow Cooker Chicken Pot Pie

INGREDIENTS

- 2 pounds boneless skinless chicken breasts (or boneless, skinless chicken thighs)
- 3 cups frozen mixed vegetables
- 2 10-3/4 ounce cans cream of chicken soup
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 can refrigerated biscuits

INSTRUCTIONS

1. In a small bowl, whisk the cream of chicken soup and milk together.
2. Roughly chop chicken into bite-size pieces.
3. Combine all ingredients, except the biscuits, in a 6-quart slow cooker. Mix well.
4. Cover and cook on low for 6-7 hours, until the chicken is tender and the liquid is hot and bubbly.
5. About 20 minutes before serving, bake biscuits according to the package directions.
6. Serve with hot biscuits.

French Fries

Bake at 425 degrees until golden brown. Approximately 14 minutes.