

BREAKFAST

Grits	
1 C water ¼ C grits	Microwave on high for 1-2 minutes. Stir. Microwave for an additional 1-2 minutes. until thickened.

Oatmeal	
1 C water ½ C oats packet	Microwave on high 3 minutes.

Biscuits	
1 C milk (or water) 1 pkg biscuit mix	Combine biscuit mix and milk (it will be sticky). Let sit 10 minutes and vigorously stir if it is too wet. Press out on floured surface into a roughly 9 inch square. Cut into 12 pieces. Bake 375* 10-12 minutes.

Cream of Wheat	
¾ C water 3 T cream of wheat	Microwave on high 1-3 minutes, stirring every 30 seconds.

DINNER

Chicken Pot Pie	
1-2 lb chicken 16 oz frozen mixed vegetables 2 C water 1 pot pie seasoning packet Crust- 1 bag of biscuit mix 1c milk (or water)	Preheat oven to 375°. Cook chicken and remove bones and skin (if applicable), then dice or shred meat. Combine all ingredients except Crust ingredients. Microwave on high or cook on stove until it reaches a boil (about 10 minutes), stirring occasionally. Boil 3 minutes. Pour into 9x13 pan. Combine biscuit mix and milk (it will be sticky). Let sit 10 minutes and vigorously stir if it is too wet. Press out on floured surface into a roughly 9 inch square, cut into 12 pieces and place on top of chicken mixture (or spoon on top). Bake 20-25 minutes or until biscuits are golden brown.

Chicken and Vegetables with Rice	
1-2 lb chicken 2T olive or vegetable oil, or butter 2 C rice 3 C very hot water 16 oz frozen California blend vegetables 1 seasoning packet	Preheat oven to 350*. Brown chicken in skillet with oil about 4 minutes on each side. Put other ingredients in large oven-safe dish and stir 1 minute. Lay chicken on top. Cover with foil or oven-safe lid. Bake until rice is cooked (about 30 minutes, more for brown rice). Remove bones and skin from chicken, dice meat and return to dish with rice.

One Pot Chicken and Vegetable Pasta	
1-2 lb chicken, cut into 2-3 inch pieces 2 T olive or vegetable oil, or butter 16 oz pasta 4 C water 16 oz frozen California blend vegetables 1 seasoning packet Optional - 1T cornstarch dissolved in 1/4c water	Brown chicken with oil in bottom of large pot on medium-high heat, about 2 minutes per side. Cut up in to 2-3 inch pieces. Add seasonings and water to pot, put lid on. Bring to a boil, add pasta, reduce heat to med-high. Cook 8 minutes, stirring frequently, then add vegetables. Bring back to a simmer and cook for 4 minutes or until pasta is cooked and vegetables are hot.
<p>Tips: *If you have a lid available, keep it on as much as possible to keep the liquid from evaporating. *If all of the liquid has been absorbed & the pasta is not done, add a cup more. *If the result is soupier than you like, add cornstarch and gently simmer until it thickens (about 2 minutes). *If you are in a big hurry, you can skip the browning & just throw the raw chicken into the pot. *This can be done with bone-in or boneless, skin-on or off. If the pieces are very thick (more than 2 inches) you might want to brown it a bit longer or boil it a few minutes before adding the pasta to ensure it is done at the same time as the pasta and vegetables.</p>	

Vegetable Soup – IMPORTANT: YOU MUST SOAK THE BEANS OVERNIGHT OR FOR AT LEAST 8 HOURS IN ORDER TO COMPLETE THIS RECIPE.	
16 oz frozen mixed vegetables 1 seasoning packet 1 lb dried beans (cooked) 5-8 C water	Place the beans in a large bowl or pot and cover with water by 2 inches. Let soak for 8 hours or overnight. Drain, rinse, and fill pot with hot water. Cook beans on medium heat 1 ½ - 2 hours or until beans are soft. (This step can be done in advance and beans refrigerated or frozen until ready to use in soup) Bring water to boil, add all ingredients (including cooked beans), simmer 10 minutes.