

CREATE A SKILLET MEAL

Create a tasty skillet meal from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each meal serves four adults.

1	Choose one protein	
	• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)	
	• ½ pound ground beef	
	• 1 pound chicken, turkey, pork chops, fish, or ham	
	• 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish	
	• 1 (12-16 oz.) package extra firm tofu, drained and cubed	
2	Choose one starch	
	• 1 cup uncooked rice • 2 cups uncooked pasta • 4 cups uncooked noodles. • 2-3 cups cubed raw potatoes	
Optional: cook starch beforehand and top with skillet contents (example – sweet' n sour chicken over rice). Reduce liquid and sauce in recipe.		
3	Choose one or more flavors	
	• ½ cup chopped onion, celery, green pepper	
	• 1 – 2 cloves minced garlic	
	• ½ cup salsa	
	• 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)	
• Salt and pepper to taste		
4	Choose one to three vegetables	
	• Broccoli, carrots, corn, green beans, peas, squash, mixed veggies, etc.	
	• 2 cups fresh vegetables	• 2 cups frozen vegetables • 1-2 (15 oz.) canned vegetables
5	Choose one liquid as needed*	
	• 1 ½ cups water, broth, tomato juice, milk, etc.	
6	Choose one sauce (optional)	
	• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)	
	• 1 (15 oz.) can diced tomatoes with juice	
	• 2 cups gravy: 2 tablespoons cornstarch OR 4 tablespoons flour ¼ cup COLD water 2 cups HOT chicken, beef, or vegetable stock	Mix cornstarch or flour into cold water with fork. Make sure you have no lumps. Slowly add mixture to boiling stock, stirring constantly. Reduce heat and continue to cook and stir with whisk until thickened.
7	Choose one or more toppings	
	• 2 tablespoons grated parmesan cheese	¼ cup grated cheddar or mozzarella cheese or breadcrumbs

DIRECTIONS:

Select a food from each category or use your own favorites. Brown meat, if using. Add remaining ingredients to pan, cook over medium heat, stirring frequently to prevent sticking and burning, until meat is thoroughly cooked and vegetables and starches are tender, 15-45 minutes. Add toppings if desired.

* Add more liquid as needed to allow starch to cook, to prevent dish from becoming too dry, and/or from sticking/burning.

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SKILLET MEAL RECIPES

A pantry that is stocked with whole foods will help you create great tasting skillet meals like these!

Spanish Macaroni

- ½ cup onion, chopped
- ½ green pepper, chopped
- 1 ½ cups water
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can tomatoes
- 2 (15 oz.) cans pinto or kidney beans, drained and rinsed
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 ½ cups macaroni (uncooked)

In large skillet, sauté onion in 1 tablespoon water on medium heat until translucent. Add green pepper and cook another 2 minutes. Add remaining ingredients, except macaroni, and cook until vegetables are tender. Stir macaroni into mixture and reduce heat to low. Cover and cook until macaroni is tender, 10-15 minutes, adding additional water as needed.

Yield: 4 servings

Skillet Penne with Veggies

- 2 cups vegetable broth
- 2 cups water
- 2 ½ cups whole grain penne
- 1 small tomato, chopped
- 2 small zucchinis, chopped
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1 ½ teaspoons dry basil or ¼ cup chopped fresh basil
- ¼ cup parmesan cheese

In large nonstick skillet, cook penne in broth and water over high heat until penne is tender, about 12-15 minutes. Add tomato, zucchini, beans, and dried basil (if using fresh basil, add after veggies have cooked). Cook until veggies are tender. Stir in cheese and fresh basil if using.

Yield: 4 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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