

Mr. Food
TEST KITCHEN

Fuss-Free Meals

35 Simple Skillet Recipes and One-Pot Recipes



"OOH IT'S SO GOOD!!"[®]



Fuss-Free Meals: 35 Simple Skillet Recipes and One-Pot Recipes

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Fuss-Free Meals: 35 Simple Skillet Recipes and One-Pot Recipes

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The logo for Mr. Food Test Kitchen, featuring the text "Mr. Food" in a large, white, serif font with a registered trademark symbol, and "TEST KITCHEN" in a smaller, white, sans-serif font below it, all contained within a dark blue oval.



Dear Friend,

No more waiting for hours for that casserole to finish cooking. We don't have time for all of that; we want dinner on the table in a timely manner. If you're like us, then you know that skillet and one-pot recipes are a gift on those days where you just don't have the time. It's easy cooking and easy cleanup. What's not to like?!

It can be a pain to cook anything besides the main course at the end of a long day. With our signature "Quick & Easy" skillet sides, however, you can make sure you fit those veggies into dinnertime too! From our **Lyonnais Potatoes** (page 30) to our **All Star Zucchini** (page 34), adding a little color to your plate has never been so convenient.

When it's time to utilize those go-to ingredients, chicken and beef, there's nothing like a simple skillet recipe to get dinner on the table in a flash. Our **Skillet Shepherd's Pie** (page 1) is a simplified version of the English classic while our **Chicken 'n' Rice Skillet** (page 5) is a real tried-and-true dish. When you're looking for a speedy cleanup, our **One Pot Whatever** (page 9) will minimize on your dish cleaning while maximizing on taste, and our **15-Minute Roast Beef Skillet** (page 14) is so unbelievably easy, you'll think wonder if you dreamt it up.

If you're into trying something a little more out-of-the-box, our selection of pork skillets will add some fun to your standard chicken and beef routine. From our flavorful **Skillet Barbecued Pork** (page 16) to our sophisticated **French Country One Pot** (page 19), there's something here for everyone! If you want a meal that's all about the pasta, then our **One Pot Mac 'n' Cheese** (page 22) is a hit for both adults and kids alike.

If you've ever been intimidated by cooking seafood, don't worry. We've made it simple and manageable with seafood skillets like our **Macaroni Tuna Skillet** (page 26) and our **Seafood One Pot** (page 25). With recipes like these, it's no wonder everyone will be saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 35 "Quick & Easy" skillets and one pots. Remember, the *Fuss-Free Meals* eCookbook is available FREE, with many others also available on www.MrFood.com. Go on, tell your friends to visit MrFood.com, so they too can get their very own FREE copies!



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Skillet Shepherd's Pie

This delicious, old-fashioned-tasting recipe for Shepherd's Pie is made in a snap in a skillet, using today's shortcuts. The result? The "stick-to-their ribs" heartiness they're expecting without a lot of work for us!

What You'll Need:

Serves: 4

Cooking Time: 5 min

2 cups cubed, cooked chicken (see below)

1 (16-ounce) package frozen mixed vegetables, thawed and drained

1 (10-3/4-ounce) can condensed cream of mushroom soup

1/2 cup milk

1/4 teaspoon onion powder

1/4 teaspoon black pepper

4 cups hot mashed potatoes (see below)



What To Do:

1. In a large skillet, combine all the ingredients except the potatoes over high heat; mix well.
2. Cook 5 to 8 minutes, or until heated through, stirring frequently. Remove from the heat and dollop with the potatoes. Serve immediately.



Make it even easier by using packaged pre-cooked sliced chicken and instant mashed potatoes.

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Chicken Francese

Is it possible to make a restaurant-style dish like Chicken Francese at home? You bet it is. Our easy recipe for this lemon-flavored, fresh-tasting, chicken main dish is a cinch.

What You'll Need:

Serves: 6

Cooking Time: 10 min

1/2 cup all-purpose flour
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
3 eggs
4 tablespoons (1/2 stick) butter, divided
6 boneless, skinless chicken breast halves (1-1/2 to 2 pounds total), pounded to 1/4-inch thickness
2/3 cup white wine or dry vermouth
4 tablespoons lemon juice



What To Do:

1. In a shallow dish, combine flour, parsley, and salt; mix well. In another shallow dish, beat eggs.
2. In a large skillet, melt 1 tablespoon butter over medium heat. Dip chicken in flour mixture then in eggs, coating completely.
3. Sauté chicken, in batches if necessary, 2 to 3 minutes per side, or until golden, adding more butter as needed. Add any remaining butter, vermouth, and lemon juice to pan; mix well and return cooked chicken to skillet.
4. Cook 2 to 3 minutes, or until sauce begins to thicken and no pink remains in chicken. Serve chicken with sauce.



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Shortcut Chicken Noodle Parmigiana

This dish is even better than an Italian feast! Why? With this you have no messy pots and pans. We'd say that's something to celebrate!

What You'll Need:

Serves: 3

Cooking Time: 5 min

1 tablespoon vegetable oil
1 (9-ounce) package frozen, cooked, Southern-fried chicken fillets, thawed
1 (26-ounce) jar spaghetti sauce
1-1/2 cups water
1/2 pound sliced fresh mushrooms
2 (3-ounce) packages ramen noodles, broken up
1 cup (4 ounces) shredded mozzarella cheese

What To Do:

1. Heat oil in a large skillet over medium-high heat. Add chicken and cook 2 to 3 minutes per side, until browned. Remove chicken to a platter and cover to keep warm.
2. Add remaining ingredients except cheese to skillet (reserving seasoning packets from noodles for another use). Cook 4 to 5 minutes, or until noodles are tender. Reduce heat to medium-low and place chicken over noodles. Top with mozzarella cheese, cover, and cook 4 to 5 minutes, or until cheese is melted and chicken is heated through. Serve chicken over noodles.



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Mushroom Lover's Chicken

Mushrooms pair with everything, and our easy skillet dish Mushroom Lover's Chicken is smothered with a flavorful mushroom sauce that is company-fancy but easy enough for weeknight dinners.

What You'll Need:

Serves: 4

Cooking Time: 30 min

1/2 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon black pepper
4 boneless, skinless chicken breast halves (1 to 1-1/2 pounds)
2 tablespoons vegetable oil
3 tablespoons butter
1 small onion, chopped
1/2 pound (8 ounces) fresh white mushrooms, sliced
1 cup chicken broth
1/2 cup dry white wine, optional (see Note)



What To Do:

1. In a shallow dish, combine flour, salt, and pepper; mix well. Dip chicken in flour mixture, coating well.
2. In a large skillet, heat oil over medium-high heat. Add chicken and cook 4 to 5 minutes per side, or until golden. Remove chicken to a plate and cover.
3. Melt butter in the same skillet. Add onions and mushrooms; sauté 5 to 7 minutes, stirring occasionally. Stir in chicken broth and wine and bring to a boil then reduce heat to low. Return chicken to skillet and cook an additional 6 to 8 minutes, or until no pink remains, turning chicken once.
4. Spoon mushroom sauce over chicken and serve immediately.



If you prefer not to use wine, simply substitute it with an additional 1/2 cup chicken broth.

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Chicken 'n' Rice Skillet

This Chicken 'n' Rice Skillet is a one-dish wonder that only uses 5 ingredients... what could be easier?

What You'll Need:

Serves: 4

Cooking Time: 30 min

1-1/2 cups milk
1 (10-3/4-ounce) can cream of mushroom soup, undiluted
1 (6-ounce) package uncooked, quick-cooking, long-grain and wild rice mix (including seasoning packet)
1 tablespoon butter, melted
4 skinned and boned chicken breasts

What To Do:

1. Combine milk, soup, rice mix, and seasoning packet; set aside.
2. Melt butter in a large skillet over medium-high heat. Add chicken, and cook 5 minutes on each side. Pour rice mixture over chicken; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until chicken is done and liquid is absorbed.



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Chicken Pierogi Skillet

The easy convenience of a variety of frozen foods makes this kid-pleasing Chicken Pierogi Skillet supper an instant hit. The extra bonus of crunchy, French-fried onions guarantees that this family-friendly meal will disappear in no time.

What You'll Need:

Serves: 4

Cooking Time: 10 min

2 (12-ounce) jars chicken gravy
1 (16-ounce) package frozen potato pierogis, thawed
1 (1-pound) package frozen boneless, skinless grilled chicken breast strips, thawed
1 (12-ounce) package frozen broccoli florets, thawed
1/4 teaspoon salt
1/2 teaspoon black pepper
1 (2.8-ounce) can French-fried onions



What To Do:

1. In a large skillet, combine all ingredients except French-fried onions. Stir gently, cover, and cook over medium-low heat 6 to 8 minutes, or until heated through.
2. Remove cover, sprinkle with French-fried onions, and heat an additional 1 to 2 minutes; serve immediately.



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North End Skillet Chicken

Just imagine how different our history might be if Paul Revere had stayed home that eventful night? And he just might have if Mrs. Revere had served this!! (Then again, she wouldn't have been able to take these shortcuts 'cause we doubt she had onion soup mix in her cupboard!)

What You'll Need:

Serves: 3

Cooking Time: 10 min

1 (from a 2-ounce box) envelope onion soup mix
1/4 cup vegetable or olive oil
1/4 cup water
1 tablespoon fresh lime or lemon juice
1/8 teaspoon cayenne pepper
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1 pound skinless, boneless chicken breast halves, cut into thin strips
1 (16-ounce) package frozen assorted vegetables, thawed and drained



What To Do:

1. In a large skillet, blend onion soup mix, oil, water, lime juice, pepper, Italian seasoning, and garlic powder; let stand 5 minutes. Bring mixture to a boil and stir in chicken and vegetables.
2. Cook, uncovered, 8 to 10 minutes, or until chicken is done and no pink remains, stirring frequently.



Serving Suggestion: Serve over hot, cooked rice.

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Farmstyle Hamburger Stroganoff

Transport your taste buds to an Amish country farm with our easy skillet Farmstyle Hamburger Stroganoff. Off-the-shelf ingredients will help you bring this comforting meal to the table in no time flat.

What You'll Need:

Serves: 4

Cooking Time: 25 min

1 pound lean ground beef
1 onion, chopped
1 teaspoon garlic powder
1/4 teaspoon black pepper
1/2 pound fresh mushrooms, sliced
1 (10- to 12-ounce) can condensed cream of mushroom soup
1-1/2 cups sour cream
1/2 pound cooked egg noodles



What To Do:

1. In a large skillet over medium heat, cook ground beef and onion until meat is browned and onion is tender, stirring occasionally. Stir in garlic powder, pepper, and mushrooms and cook 3 minutes. Reduce heat to low and stir in soup. Simmer, uncovered, 8 to 10 minutes, or until hot.
2. Remove meat mixture from heat and stir in sour cream. Serve over hot noodles.



For a lower-fat stroganoff, substitute ground turkey for the ground beef, use low-fat sour cream, and low-fat cream of mushroom soup.

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One Pot Whatever

With a name like this, you may be wondering what the mystery is. It's no mystery — just a hearty beefy skillet meal you can't go wrong serving anytime.

What You'll Need:

Serves: 4

Cooking Time: 1 hr 25 min

2 pounds beef (shoulder, round, or chuck steak)
cut into bite-sized pieces

1/4 cup (1/2 stick) butter or margarine

1 onion, cut into wedges

2 celery stalks, chopped

1 cup sliced mushrooms

1 garlic clove, crushed

1/4 teaspoon salt

1/4 teaspoon black pepper

1/2 cup dry red wine

2 (10-1/2-ounce) cans beef broth (or bouillon)



What To Do:

1. In a large skillet, brown beef in butter.
2. Add onion, celery, mushrooms, garlic, salt, and pepper; reduce heat and simmer 15 to 20 minutes.
3. Add wine and broth; cover and simmer 1 hour or until meat is tender.



Serve over noodles, rice, or slices of garlic bread. You can substitute oil for the butter, bottled garlic for the fresh or use a different wine.

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All in One Pierogi Skillet

Wow! Ground beef and broccoli never had it so good 'cause in All in One Pierogi Skillet, they're teamed with puffy, melt-in-your-mouth, everybody-loves-'em potato pierogis. Better make extra!

What You'll Need:

Serves: 4

Cooking Time: 20 min

1 tablespoon vegetable oil
1 pound ground beef
1 (16-ounce) package frozen potato pierogis, thawed
1 (10-ounce) package frozen broccoli florets, thawed
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup (4 ounces) shredded Cheddar cheese

What To Do:

1. In a large skillet, heat oil over medium-high heat, and brown beef 5 minutes, stirring frequently.
2. Add pierogi and cook 4 to 5 minutes, or until heated through.
3. Stir in broccoli, salt, and pepper, then top with cheese.
4. Reduce heat to low, cover, and cook an additional 2 to 3 minutes, or until cheese melts and broccoli is warmed through.



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Beefy Stir Fry

Why order take-out when you can save time by stir frying a few things from your vegetable drawer with a couple pantry staples, and have dinner on the table in minutes? (Oh, you save another way, too, with no driver to tip!)

What You'll Need:

Serves: 6

Cooking Time: 10 min

1 tablespoon sesame oil
1-1/2 pounds beef flank steak, cut into thin strips
1/2 pound fresh snow peas
1 large red bell pepper, cut into 1/4-inch strips
2 tablespoons minced garlic
1 tablespoon grated fresh ginger
3 tablespoons light soy sauce
1/2 teaspoon black pepper
2 tablespoons toasted sesame seeds (see Tip)



What To Do:

1. In a large skillet, heat oil over medium heat. Add steak strips; sauté 2 to 3 minutes, or until browned. Remove steak; set aside.
2. Add snow peas, bell pepper, garlic, and ginger to skillet; sauté 4 to 5 minutes, or until vegetables are tender.
3. Add soy sauce, black pepper, and sesame seeds to skillet; return steak to skillet. Simmer 2 to 3 minutes, stirring until completely mixed and heated through.



Toast the sesame seeds by placing them in a small nonstick skillet over low heat 3 to 4 minutes, or until golden, turning frequently. Just watch them carefully. It's as easy as 1-2-3!

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Skillet Corned Beef and Cabbage

Don't bother with the slow cooker or the pressure cooker! All you need for this corned beef and cabbage recipe is a skillet. In about 20 minutes, you'll be ready to dig in!

What You'll Need:

Serves: 4

Cooking Time: 15 min

2 tablespoons vegetable oil
8 cups chunked green cabbage (1/2 a large head)
1/2 teaspoon salt
1/4 teaspoon black pepper
2 (15-ounce) cans whole potatoes, drained (see Notes)
1 (14-1/2-ounce) can sliced carrots, drained
3/4 pound deli-style corned beef, sliced into 1/2-inch strips



What To Do:

1. In a large skillet, heat oil over medium heat. Add cabbage and sauté 6 to 8 minutes, until very soft but not brown. Add salt and pepper; mix well.
2. Add potatoes and carrots, and top with corned beef. Reduce heat to medium-low, cover, and cook 6 to 8 minutes, or until completely heated through. Serve immediately.



For this dish, it's best to rinse the canned potatoes and drain them well before adding

If you'd like a more traditional flavor, add 1 teaspoon pickling spice along with the salt and pepper.

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Skillet Sombrero Pie

Olé! This Skillet Sombrero Pie is so yum that it'll have the fiesta started in no time! Full of corn, tomatoes, cheese, and crunchy corn chips, this pie is finger-lickin', tummy-rubbin' good!

What You'll Need:

Serves: 4

Cooking Time: 25 min

1 pound ground beef
1 (10-ounce) package frozen whole kernel corn, thawed
1 (14.5-ounce) can diced tomatoes with green pepper, celery, and onions, undrained
1 (8-ounce) can tomato sauce
1 (1-1/4-ounce) envelope taco seasoning mix
1 cup (4 ounces) shredded Cheddar cheese
1 (10-1/2-ounce) package corn chips



What To Do:

1. Brown ground round in a large skillet, stirring until it crumbles and is no longer pink. Drain in a colander, discarding drippings.
2. Return meat to skillet. Add corn and next 3 ingredients; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.
3. Sprinkle with cheese; cook until cheese melts. Arrange chips around edge. Serve immediately.



No dinner dilemma here! This supper cooks all in one skillet. When it's done, scatter crunchy corn chips around the edge of the beef mixture to form the "brim" of this sombrero pie. If you can't find the canned tomatoes with vegetables, no problem. Just use plain diced tomatoes and throw in 1 tablespoon minced fresh onion!

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15-Minute Roast Beef Skillet

Want a hot homemade meal in just 15 minutes, without even having to light our ovens? You're going to love our 15-Minute Roast Beef Skillet that takes every shortcut imaginable but still comes out with a from-scratch taste.

What You'll Need:

Serves: 4

Cooking Time: 15 min

2 cups warm prepared mashed potatoes
2 cups frozen mixed vegetables, thawed
8 thick slices deli roast beef (about 1-1/4 pounds)
1 (12-ounce) jar beef gravy
1/2 cup water



What To Do:

1. In a medium bowl, combine mashed potatoes and mixed vegetables; mix well. Place an equal amount of the mixture at one end of each roast beef slice; roll up crepe-style.
2. In a large deep skillet, combine gravy and water over medium heat until bubbly. Add beef rolls seam-side down, cover, and simmer 10 to 15 minutes, or until heated through. Serve with gravy spooned over top of rollups.



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Country-Bumpkin Fried Steak

Country-Bumpkin Fried Steak is a down-home, old-fashioned favorite in the South, Midwest, and Southwest. No matter where you live, this easy skillet meal has an extra special, country-fried topping that's sure to win raves at your dinner table!

What You'll Need:

Serves: 4

Cooking Time: 10 min

4 beef cubed steaks (1-1/4 pounds total),
pounded to 1/4-inch thickness

1 teaspoon salt, divided

1/2 teaspoon black pepper, divided

3/4 cup buttermilk

3/4 cup yellow cornmeal

1/2 cup vegetable shortening

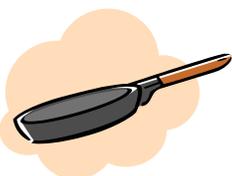
3 tablespoons all-purpose flour

1-1/2 cups milk



What To Do:

1. Season steaks with 1/2 teaspoon salt and 1/4 teaspoon pepper; set aside.
2. Place buttermilk in a shallow dish. Place 3/4 cup cornmeal in another shallow dish. Dip steaks in buttermilk then in cornmeal, coating completely.
3. In a large deep skillet, heat shortening over medium-high heat until hot but not smoking. Add steaks and cook 3 to 4 minutes per side, or until cooked through and coating is golden. Drain on a paper towel-lined platter and cover to keep warm.
4. Add 3 tablespoons flour, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper to skillet. Cook 2 to 3 minutes, or until flour is browned, stirring constantly. Add milk and stir until gravy thickens. Serve steaks topped with gravy.



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Skillet Barbecued Pork

Homemade barbecue is more popular than ever, so why not try our Skillet Barbecued Pork? This saucy pork chop recipe with its homemade sauce is just sweet enough and just spicy enough.

What You'll Need:

Serves: 4

Cooking Time: 30 min

Cooking Time: 6 min

1/3 cup honey
1/3 cup barbecue sauce
1/3 cup Italian dressing
1 teaspoon chili powder
4 boneless pork chops, 1/2 inch thick (about 1 pound)



What To Do:

1. In a large resealable plastic storage bag, combine honey, barbecue sauce, Italian dressing, and chili powder; mix well.
2. Add pork chops to marinade; seal bag, shake to coat meat well then refrigerate for 30 to 60 minutes.
3. In a large skillet, cook pork chops with sauce mixture over medium-high heat for 3 to 4 minutes per side, or until no pink remains. Serve topped with sauce.



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15-Minute Glazed Pork Chops

Our 15-Minute Glazed Pork Chops are bathed in a creamy Dijon and honey sauce that is simply delicious. This one makes for a quick weeknight meal that is fancy enough to show off for company.

What You'll Need:

Serves: 4

Cooking Time: 15 min

4 pork loin chops, 1-inch thick
Seasoned salt for sprinkling
1 tablespoon vegetable oil
1/2 cup orange juice
1/2 cup Dijon mustard
2 tablespoons honey
2 teaspoons cornstarch



What To Do:

1. Sprinkle both sides of pork chops liberally with seasoned salt.
2. In a large skillet over medium heat, heat oil; brown pork chops about 2 minutes per side.
3. In a bowl, combine remaining ingredients; pour mixture over pork chops. Cover skillet, reduce heat to low, and simmer 8 to 10 minutes, or until thoroughly cooked.



You'll wanna enjoy every last bit of this sauce, so don't forget to serve up a bowl of tasty wild rice!

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Country Pork Chops

No need to tie up your oven to cook these homey Country Pork Chops. They'll simmer just fine on the stovetop in this rich tomato sauce that's chock-full of healthy, fresh veggies. Talk about a speedy skillet supper they'll love!

What You'll Need:

Serves: 4

Cooking Time: 45 min

1/4 cup olive oil
2 yellow squash, cut into 1-inch chunks
1 zucchini, cut into 1-inch chunks
1 onion, cut into 1/4-inch slices
4 (1-inch) pork loin chops (about 1-1/2 pounds total)
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 pound fresh mushrooms, quartered
1 (28-ounce) jar spaghetti sauce
1 teaspoon dried oregano



What To Do:

1. In a large skillet, heat oil over medium-high heat and sauté yellow squash, zucchini, and onion 4 to 6 minutes, or until tender. Transfer to a bowl and set aside.
2. Season pork chops with salt and pepper then brown 2 minutes per side.
3. Return sautéed vegetables to skillet, reduce heat to low and add mushrooms, spaghetti sauce, and oregano; cover and cook 30 to 35 minutes, or until pork chops are cooked through.



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French Country One Pot

Traditional recipes for dishes like our French Country One Pot are easy but use lots of pots and pans. Well, from the ingredients here, you'll know you're in for a taste treat. And from the title, you'll know you're in for a cleanup treat, too!

What You'll Need:

Serves: 5

Cooking Time: 20 min

1 onion, peeled, cut in half, and sliced
1 clove garlic, crushed
1/2 pound fresh Italian sausage
1/2 pound regular or reduced-fat, fully-cooked smoked sausage, sliced diagonally into 1/4-inch slices
1 (15-ounce) can white kidney (cannellini) beans, rinsed and drained
1 (15-ounce) can garbanzo beans (chick peas), rinsed and drained
1 (14-1/2-ounce) can regular or salt-free stewed tomatoes, undrained
2 tablespoons dry white wine, optional
2 teaspoons brown sugar
1 teaspoon dried oregano
1 teaspoon dried thyme



What To Do:

1. Coat a large saucepan with cooking spray. Add onion and garlic, and cook over medium heat 2 to 3 minutes, just until onion is softened.
2. Remove sausage from casing and add to saucepan. Cook 3 minutes, stirring constantly. Add sliced smoked sausage and cook 3 to 5 minutes, or until sausage is cooked through and no pink remains.
3. Pour off drippings then stir in remaining ingredients, except parsley. Mix gently then cover and reduce heat to low. Simmer 5 minutes then uncover and cook over medium-low heat 5 to 10 minutes to blend the flavors.
4. Garnish with parsley or scallions, if desired, and serve.



Serving Suggestion: Get out the rice or noodles to serve with this, 'cause the sauce is the best part.

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Creamy Pork Chops

You'll love this easy skillet pork chop recipe, complete with a yummy, sour cream-based sauce.

What You'll Need:

Serves: 4

Cooking Time: 20 min

1/4 cup all-purpose flour
3/4 teaspoon salt, divided
1/2 teaspoon black pepper
4 boneless center-cut pork chops
2 tablespoons vegetable oil
1/4 cup white vinegar
1 (8-ounce) container sour cream
2 tablespoons sugar
1/8 teaspoon ground cloves
2 bay leaves



What To Do:

1. Combine flour, 1/2 teaspoon salt, and pepper in a shallow dish. Dredge pork breakfast chops in flour mixture.
2. Heat oil in a large skillet over high heat. Add chops, and cook 5 minutes on each side or until golden. Remove chops from skillet.
3. Add vinegar, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Stir in remaining 1/4 teaspoon salt, sour cream, and next 3 ingredients; simmer 5 minutes. Remove and discard bay leaves; pour sauce over pork chops.



A 3.5-ounce serving of a pan-fried pork chop has about 1/2 the saturated fat and 40 percent less cholesterol than the same amount of pan-fried sirloin.

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Skillet Ziti

Our ziti-in-a-skillet cooks up twice as fast as the traditional, oven-baked version, plus it's creamier and cheesier!

What You'll Need:

Serves: 8

Cooking Time: 25 min

8 ounces uncooked ziti
1 pound ground round
1 (10-ounce) package frozen chopped onions, thawed and drained well
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (26-ounce) jar tomato and basil pasta sauce
1 (8-ounce) container sour cream
1/3 cup shredded Parmesan cheese
1 (8-ounce) packaged shredded Italian six-cheese blend



What To Do:

1. Cook pasta according to package directions. Drain and set aside.
2. While pasta cooks, cook beef, onions, salt, and pepper in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain.
3. Stir in pasta sauce; cook 1 minute or until thoroughly heated. Add pasta, stirring to coat.
4. Combine sour cream and Parmesan cheese. Stir into pasta mixture. Sprinkle Italian cheese blend over pasta mixture. Cover, reduce heat to medium, and cook 5 minutes or until cheese melts.



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One Pot Mac and Cheese

It's a lightning-quick, stovetop version of mac and cheese, made with spaghetti. No spaghetti? Use ziti. No ziti? How about shells? We can change this recipe every time or keep it the same, but one thing won't change: the great taste!

What You'll Need:

Serves: 4

Cooking Time: 30 min

1 pound spaghetti
1/4 cup (1/2 stick) butter
1/2 cup all-purpose flour
4 cups (1 quart) milk
6 cups (24 ounces) shredded sharp Cheddar cheese
1/2 teaspoon dry mustard
1 teaspoon salt
1 teaspoon black pepper



What To Do:

1. In a soup pot, cook spaghetti according to package directions; drain and set aside in colander.
2. In the same pot, melt butter over medium heat then stir in flour. Gradually stir in milk and cook 3 to 5 minutes, or until thickened, stirring frequently. Add cheese, dry mustard, salt, and pepper and stir for 3 to 5 minutes, or until cheese is melted.
3. Add spaghetti and cook 2 to 3 minutes, or until heated through, stirring constantly. Serve immediately.



Serving Suggestion: Get the veggie steamer going with broccoli or cauliflower florets and you'll be set for a complete meal!

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Skillet Lasagna

No need to dirty up a bunch of dishes for this lasagna, because it all cooks right in the skillet — even the lasagna noodles! Now that's what we call convenient!

What You'll Need:

Serves: 4

Cooking Time: 40 min

1/2 pound ground beef
1/2 teaspoon salt
2 tablespoons balsamic vinegar
2 teaspoons dried Italian seasoning, divided
1 cup part-skim ricotta cheese
4 uncooked lasagna noodles, broken into large pieces
1 (14.5-ounce) can diced tomatoes with onions, undrained
1 (12-ounce) jar roasted red bell peppers, drained and chopped
1/2 cup water
5 teaspoons store-bought pesto
3/4 cup (3 ounces) mozzarella-Parmesan cheese blend



What To Do:

1. Combine beef and salt. Cook beef in a large nonstick skillet over medium high heat, stirring until it crumbles and is no longer pink. Stir in vinegar and 1 teaspoon Italian seasoning. Dollop ricotta cheese by rounded tablespoons over beef. Top with broken noodles, making 1 flat layer (noodles will overlap a little bit).
2. Pour tomatoes and bell peppers over noodles, making sure that noodles are completely covered. Add water, and sprinkle with remaining 1 teaspoon Italian seasoning. Dollop pesto by 1/2 teaspoons over top. Bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes or until noodles are fully cooked.
3. Uncover and sprinkle with cheese blend. Cover and let stand 10 minutes or until cheese melts. Cut into wedges, and serve with a slotted spatula.

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Skillet Paella

Our shortcut Skillet Paella, with the lively untraditional twist of curry powder, takes this international favorite to new flavor heights. What a super meal in one, especially when you want to keep the kitchen cool.

What You'll Need:

Serves: 6

Cooking Time: 35 min

1 tablespoon vegetable oil
1 (16-ounce) package smoked sausage, cut into 1/2-inch slices
2-1/2 cups chicken broth
1 cup converted rice, uncooked
1 tablespoon curry powder
1/4 teaspoon salt
1/2 pound medium shrimp, peeled and deveined
1 (9-ounce) package frozen green peas, thawed
1 (4-ounce) jar diced pimiento, undrained



What To Do:

1. In a large skillet, heat oil over medium-high heat; sauté sausage 5 to 7 minutes, stirring occasionally. Remove sausage to a plate.
2. Add broth to skillet and bring to a boil. Stir in rice, curry powder, and salt. Cover, reduce heat to low, and simmer 15 minutes. Stir in remaining ingredients and sausage, cover, and cook 5 to 7 minutes, or until shrimp are pink, stirring occasionally.



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Seafood One Pot

If you're a seafood lover, roll up your sleeves, grab a loaf of crusty bread, a big bowl and spoon, and, in no time, you'll be ready to dig into Seafood One Pot.

What You'll Need:

Serves: 8

Cooking Time: 15 min

1 pound cooked shrimp, peeled and deveined

1 pound fresh or frozen, skinless, white-fleshed fish fillets, such as cod, haddock, or whiting, thawed if frozen, cut into 2-inch pieces

1/2 cup dry white wine

1 (12-ounce) bag frozen okra

2 large tomatoes, chopped

1 onion, chopped

1 large garlic clove, chopped

2 teaspoons seafood seasoning

1 pound fresh mussels, cleaned

2 (6-1/2-ounce) cans chopped clams, undrained

What To Do:

1. In a large pot, combine the shrimp, fish, wine, okra, tomatoes, onion, garlic, and seafood seasoning over medium-high heat; bring to a boil then reduce heat to medium and cook an additional 4 to 5 minutes.
2. Add mussels and chopped clams with their juice. Cover and cook an additional 4 minutes, or just until mussels open. Do not overcook the mussels. Discard any mussels that do not open by themselves.



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Macaroni Tuna Skillet

Macaroni Tuna Skillet is a quick, throw-together meal that can come right out of your pantry and taste anything but!

What You'll Need:

Serves: 4

Cooking Time: 20 min

1 (7-1/4-ounce) package macaroni and cheese dinner mix

1/2 cup milk

2 tablespoons butter

3 (6-1/2-ounce) cans tuna, drained and broken into chunks

1 (4-ounce) can sliced mushrooms, undrained

2 teaspoons dried parsley flakes

1/2 teaspoon paprika

1/2 teaspoon prepared mustard

1 cup (1/2 pint) sour cream

2 tablespoons dry white wine



What To Do:

1. Cook macaroni from dinner mix according to package directions; drain.
2. In a large skillet, combine cooked macaroni, the cheese from the dinner mix, the milk and butter over medium heat.
3. Stir in tuna, undrained mushrooms, parsley, paprika, and mustard. Simmer, uncovered, for 5 to 10 minutes, stirring occasionally.
4. Stir in sour cream and wine then heat through and serve.



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Sausage & Shrimp Panzanella Skillet

This recipe, courtesy of Brooke from Cheeky Kitchen, was a finalist in the Mr. Food Test Kitchen's Search for the Ultimate Weeknight Meal contest. This sizzlin' skillet recipe isn't lacking in style or taste with flavorful ingredients like spicy Italian sausage and sweet onions. Who knew you could make such a tasty dish in only fifteen minutes?!

What You'll Need:

Serves: 4

Cooking Time: 15 min

1 tablespoon olive oil, plus extra
2 sweet or spicy Italian sausage links
1/2 pound large, cooked shrimp
8 cloves garlic, crushed and coarsely chopped
1 small sweet onion, diced
1 (14.5-ounce) can diced tomatoes
3/4 teaspoon salt
1/2 cup fresh basil, coarsely chopped
8 ounces crusty sourdough, pulled into bite-sized pieces
1/2 cup shredded Parmesan cheese



What To Do:

1. In a large skillet over medium heat, heat 1 tablespoon oil. Add the sausages, cover, and cook about 5 minutes, or until cooked through. Add shrimp and cook just until hot, about 1 minute. Remove sausages and shrimp from the pan, cool sausages slightly before slicing into 1-inch pieces; set aside.
2. Drizzle olive oil in hot skillet, then add garlic and onion. Cook until softened, 3-4 minutes. Add tomatoes, sprinkle with salt, add sausage, shrimp, basil, and bread. Stir to coat all ingredients with tomato mixture. Sprinkle with Parmesan cheese and serve immediately in shallow bowls.



Serving Suggestion: Nothing like enjoying a glass of sweet white wine with this dish!

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Skillet Mardi Gras Pasta

You don't have to go to The Big Easy to get that jazzy, southern flavor you're craving. Just make our Skillet Mardi Gras Pasta, and we can bet your gang'll throw you your own parade right in your kitchen!

What You'll Need:

Serves: 4

Cooking Time: 25 min

1/4 cup (1/2 stick) butter
1 onion, chopped
1 garlic clove, minced
1/2 green bell pepper, finely chopped
1 teaspoon Old Bay seasoning
1 teaspoon salt
Pinch of black pepper
1 (14-1/2-ounce) can diced tomatoes, undrained
1 pound medium, raw shrimp, peeled and deveined
1 pound fettuccine, cooked according to package directions



What To Do:

1. In a large skillet over medium heat, melt butter; add onion, garlic, green pepper, Old Bay seasoning, salt, black pepper, and tomatoes.
2. Reduce heat to low and simmer 15 minutes, stirring occasionally. Add the shrimp; continue cooking 3 to 5 minutes, or until the shrimp are cooked. Serve immediately over the pasta.



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Scallops 'n' Mushrooms

Scallops 'n' Mushrooms is an easy skillet meal that tastes company fancy but is quick to prepare any time. Bay scallops and fresh veggies cook up fast in this colorful and flavorful meal that tastes like a trip to the seashore.

What You'll Need:

Serves: 6

Cooking Time: 10 min

1/4 cup (1/2 stick) butter
1/2 pound fresh mushrooms, thinly sliced
2 garlic cloves, minced
1 (10-1/2-ounce) can condensed chicken broth
1 head broccoli, cut into small florets
1/2 red bell pepper, diced
1-1/2 pounds bay scallops
3 tablespoons cornstarch
2 teaspoons soy sauce



What To Do:

1. In a large skillet, melt butter over high heat. Add mushrooms and garlic, and sauté 2 to 3 minutes, or until tender.
2. Reserve 1/4 cup chicken broth. Add broccoli, bell pepper, and remaining chicken broth to skillet; mix well. Reduce heat to medium and cook 4 to 5 minutes, or until broccoli is crisp-tender.
3. Add scallops and cook 1 to 2 minutes, or until scallops are firm and white.
4. In a small bowl, combine cornstarch, soy sauce, and reserved chicken broth until smooth; stir into skillet and cook 1 minute, or until thickened. Serve immediately.



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Lyonnaise Potatoes

Don't let the fancy name fool you! Lyonnaise Potatoes are so easy yet so elegant. What a perfect holiday side dish for Thanksgiving, Christmas or any entertaining in between. Best part, they cook up in a skillet, leaving you plenty of oven space when you need it most.

What You'll Need:

Serves: 4

Cooking Time: 35 min

6 Idaho Russet potatoes, peeled and quartered

3/4 teaspoon salt

1/4 teaspoon black pepper

1/2 cup vegetable oil

1 onion, coarsely chopped



What To Do:

1. Fill a medium saucepan three-quarters full with water and bring to a boil over high heat. Add potatoes, and cook 10 to 15 minutes, or until fork-tender; drain and set aside to cool slightly.
2. Cut potatoes into 1/8-inch slices and place in a medium bowl; gently stir in salt and pepper then set aside.
3. In a large skillet, heat oil over medium heat and sauté onions until browned. Add onions to potatoes; mix well.
4. Spread mixture evenly in skillet and cook 12 to 14 minutes over medium heat, until potatoes are browned, turning halfway through cooking. Serve immediately.



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Skillet Sweet Potatoes

Break the habit of simply baking sweet potatoes by trying our tasty recipe for Skillet Sweet Potatoes. This tangy, yet sweet, "change of pace" side dish is sure to win you lots of compliments.

What You'll Need:

Serves: 4

Cooking Time: 25 min

1/4 cup (½ stick) butter
4 sweet potatoes (about 2 pounds), peeled and thinly sliced
1/2 teaspoon salt
1 (6-ounce) can pineapple juice
2 tablespoons all-purpose flour

What To Do:

1. Melt butter in a large skillet over medium heat. Add sweet potatoes and salt. Cover and cook 18 to 20 minutes, or until tender, stirring occasionally.
2. In a small bowl, combine the pineapple juice and flour; mix well and pour over the potatoes. Cook 1 to 2 minutes, or until thickened, stirring frequently. Serve immediately.



Sometimes we like to add more butter and sauté the potato slices in batches to get them nice and brown before covering and cooking until tender.

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Cheesy Skillet Beans

Want a veggie dish that tastes like a meal right from the chuck wagon? Here it is! Cheesy Skillet Beans goes with any outdoor party or, come to think of it, any indoor party, also.

What You'll Need:

Serves: 8

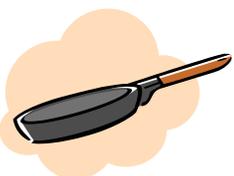
Cooking Time: 15 min

1 onion, thinly sliced
2 tablespoons butter
1 (16-ounce) can pork and beans or vegetarian beans
1 (15-ounce) can garbanzo beans, drained
2 (9- or 10-ounce) packages frozen green beans, thawed
3/4 cup bottled barbecue sauce
1 cup (4 ounces) shredded Cheddar cheese



What To Do:

1. In a large skillet, sauté onion in butter for about 5 minutes. Add pork and beans, garbanzo beans, green beans, and barbecue sauce; heat until bubbly, stirring occasionally.
2. Sprinkle with cheese; heat until cheese melts.



Sometimes we use white beans or black-eyed peas instead of the garbanzos. And add your own seasonings or even more veggies. It all works.

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Okra and Corn Skillet

Mmm, once you taste this favorite Southern side dish packed with bacon, you'll be hooked! This homestyle recipe is guaranteed to be partnering with all kinds of main dishes on your dinner table throughout the year.

What You'll Need:

Serves: 6

Cooking Time: 15 min

5 slices bacon
1/2 large red bell pepper, chopped
3 scallions, thinly chopped
1 (16-ounce) package frozen sliced okra, thawed
1 (15-1/2-ounce) can whole-kernel corn, drained
1 tomato, chopped
1/4 teaspoon black pepper



What To Do:

1. In a large skillet, cook bacon until crisp; drain on a paper towel-lined platter then crumble and set aside.
2. In the same skillet, sauté the red pepper and scallions over medium heat for 3 to 5 minutes, or until tender. Stir in okra, corn, tomato, salt, and black pepper, and cook 5 minutes, or until heated through. Stir in bacon and serve.



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All Star Zucchini

Basil, garlic, tomatoes, zucchini...what an all-star line-up! And when you put them together in this Italian favorite, you'll be tempted to sing Italian love songs.

What You'll Need:

Serves: 4

Cooking Time: 25 min

2 tablespoons olive oil
3 tomatoes, cut into small chunks (about 3 cups)
2 garlic cloves, minced
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/2 teaspoon black pepper
3 zucchini, cut into small chunks (about 4 cups)



What To Do:

1. In a large skillet, heat oil over medium heat.
2. Add remaining ingredients except zucchini; cover and cook 5 to 6 minutes, stirring occasionally.
3. Add zucchini, cover, and cook 10 to 15 more minutes, stirring occasionally.



Serving Suggestion: You may want to serve this in a bowl, with some crusty Italian or French bread for dunking.

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Chopstick Veggie Fried Rice

No need to pick up Chinese take-out when it's easy as can be to make some of our favorites like vegetable fried rice. Our Chopstick Veggie Fried Rice can go from your skillet to your table in minutes.

What You'll Need:

Serves: 4

Cooking Time: 15 min

2 tablespoons plus 2 teaspoons vegetable oil, divided
2 eggs, lightly beaten
1 (16-ounce) package frozen peas and carrots, thawed
3 cups cold cooked rice
1/4 cup soy sauce

What To Do:

1. In a large skillet, heat 2 teaspoons vegetable oil over medium-high heat. Add the eggs and scramble then break up the scrambled eggs into small pieces. Remove from skillet and set aside.
2. Heat remaining 2 tablespoons oil in the same skillet; add the peas and carrots, and cook 3 minutes. Add rice and soy sauce, and cook 3 to 5 minutes, or until heated through, stirring frequently. Stir in scrambled egg pieces and cook 1 to 2 minutes, or until heated through. Serve immediately.



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