

Chili Mac

Hands-on time: 15 minutes

Total time: 35 minutes

Makes: 8 to 10 servings

This crowd-pleaser is made even more fun by adding crazy-shaped noodles. Garnish each serving with shredded Cheddar cheese, green onions and sour cream if desired.



- 1½ lb (675 g) **extra-lean ground beef**
- 1 tbsp **olive oil**
- 1 small **onion**, chopped
- 2 ribs **celery**, chopped
- 2 **carrots**, chopped
- 2 cloves **garlic**, minced
- 2 tbsp **chili powder**
- 1 tsp **ground cumin**
- ½ tsp **dried thyme**
- ¼ tsp **pepper**
- 1 can (28 oz/796 mL) **crushed tomatoes**
- 1 can (28 oz/796 mL) **diced tomatoes**
- 1 can (19 oz/540 mL) **kidney beans**, drained and rinsed
- 3 tbsp packed **light brown sugar**
- 2 tbsp **Worcestershire sauce**
- 4 cups **radiatore pasta** or other short pasta

In large saucepan or Dutch oven, brown beef over medium-high heat, breaking up with spoon. Remove to strainer to drain.

Add oil to pan; sauté onion, celery, carrots, garlic, chili powder, cumin, thyme and pepper until carrots begin to soften, about 8 minutes.

Stir in crushed and diced tomatoes, kidney beans, sugar, Worcestershire sauce and beef; reduce heat, cover and simmer until celery is tender, about 20 minutes.

Meanwhile, in large saucepan of boiling salted water, cook pasta according to package directions; drain and stir into chili.

PER EACH OF 10 SERVINGS: about 355 cal, 23 g pro, 8 g total fat (3 g sat. fat), 49 g carb (8 g dietary fibre, 13 g sugar), 37 mg chol, 544 mg sodium, 863 mg potassium. % RDI: 9% calcium, 41% iron, 37% vit A, 35% vit C, 49% folate. ■

MEAT

Tuesday Night Meatloaf

● Preheat oven to 350°F. Tear 4 slices white bread into pieces to make fine crumbs, about 2 1/2 cups. Chop 1 onion and 1/2 green pepper. Mix 2 lbs. (80% lean) ground beef with breadcrumbs, onion and pepper. In a separate bowl, mix 1/4 cup ketchup, 1/4 cup milk, 2 Tbs. prepared red horseradish, 1 tsp. mustard powder and 1 tsp. salt, then stir it into the meat mixture. Lightly beat 2 eggs and stir them into meat mixture until blended.

Grandma's Wisdom

"Save leftover bread wrapped in plastic, either in the fridge or freezer. You can use it to make meatloaves or meatballs, or when you need a crusty coating for chicken!"

Shape meat into 10"x5" loaf in 3-qt. baking dish, then spread it with 1/2 cup ketchup. Bake 50 minutes to 1 hour. There isn't any pink in the center. **Serve**



Meat Loaf

3 slices soft bread
1 cup milk
1 egg
1 lb. ground beef.
1/4 lb. ground pork.
1/4 lb. ground veal or
1/2 lb. ground meat
Loaf mixture:
1/4 minced onion
1/4 tsp. salt
1/4 tsp each of pepper,
mustard, sage, celery salt,
garlic salt.
1 tbsp. Worcestershire Sauce.

Heat oven to 350°. Tear bread into large mixing bowl. Add milk and egg. Add meat and seasoning, mix thoroughly. Form into a loaf and place in a shallow pan. Bake 1 hour.

6-8 servings

Beef Stroganoff

1 cup minced onion
1 clove garlic, minced
1/4 cup butter
1 lb. ground beef
2 tbsp. flour
2 tsp. salt
1/4 tsp. pepper
1 lb. fresh mushrooms
or
8 oz. can sliced mushrooms
10 1/2 can cream of chicken soup
~~undiluted~~. (Undiluted)
1 cup sour cream
2 tsp. minced parsley
Sauté onion and garlic in the butter over medium heat. Add meat and brown. Add flour, salt, pepper and mushrooms. Cook for 5 minutes. Add soup, simmer, uncovered 10 minutes. Stir in sour cream. Heat through. Sprinkle with parsley. Serve with noodles.
4-6 servings

HAMBURGER STROGANOFF

- 1/2 lb. ground beef
 - 2 T. butter
 - 2 T. sliced mushrooms
 - 1/4 c. chopped onion
 - 1/4 clove garlic, minced
 - 1/2 t. salt
 - 1/8 t. pepper
 - 1/4 t. Worcestershire sauce
 - 1 T. flour
 - 2 1/2 T. chili sauce
 - 6 T. sour cream
- Spaghetti

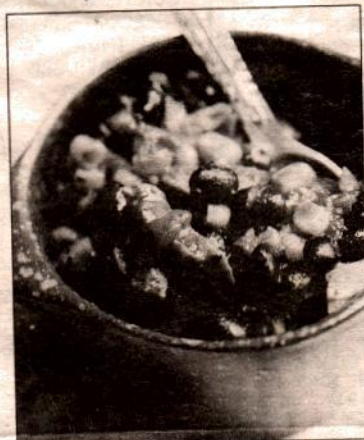
Brown ground beef in half of the butter. Add remaining butter, mushrooms, onion, garlic, salt and pepper; sauté until onions are golden and tender. Add Worcestershire sauce. Stir in flour, then chili sauce. Just before serving, blend in sour cream. Serve hot over cooked spaghetti.

Quick and simple chili

Make this chili to warm up a winter day. This recipe is from *7-Day Menu Planning for Dummies*, by Susan Nicholson, (Wiley, 2010). If the chili becomes too thick, add extra broth or water to desired consistency.

Black bean and chicken chili

- 1 Tbsp. canola
 - 3/4 cup chopped onion
 - 2 cloves minced garlic
 - 2 to 3 Tbsps. chili powder
 - 1 Tbsp. dried oregano
 - 2 tsps. cumin
 - 1/4 tsp. salt
 - 3 cups chopped or shredded cooked chicken
 - 1 28-oz. can diced fire-roasted tomatoes
 - 2 cups fat-free chicken broth
 - 1 10-oz. package frozen corn, thawed
 - 2 15-oz. cans black beans, rinsed
 - Shredded 50-per cent-reduced-fat sharp cheese
 - Fat-free sour cream
- Heat oil in a large non-stick skillet or Dutch oven on medium heat. Add onion, garlic, chili powder, oregano, cumin and salt. Cook 4 minutes or until vegetables are softened. Stir in chicken, tomatoes with liquid



Black bean and chicken chili is high in protein and low in fat.

— MCT

and broth. Simmer, uncovered, for 15 minutes.

Stir in corn and beans; cook 5 to 10 minutes or until slightly thickened. Garnish with cheese and sour cream if desired.

Makes 8 servings.

Per serving: 267 calories; 23g protein; 31g carbohydrate; 7g fat (21 per cent of calories from fat; 1.1 g saturated); 40 mg cholesterol; 9g fibre; 736 mg sodium.

— McClatchy Tribune

BUFFET MEAT LOAF

- 1 1/2 lbs. ground beef
- 1/2 lb. ground pork
- 3 c. soft bread crumbs
- 1 egg
- 1 medium onion, minced
- 3/4 c. milk
- 2 t. salt
- 1 1/4 t. ginger
- 2 c. peeled chopped cooking apples
- 1 1/2 c. instant mashed potatoes
- 1 10-oz. pkg. frozen, chopped broccoli, cooked and drained
- 1/2 c. shredded cheddar cheese

In a bowl blend together beef and pork. Add bread crumbs, egg, onion, milk, salt and ginger; lightly mix to blend. Stir in apples. On a 15 x 10-inch jelly roll pan, shape into a loaf. Bake in a preheated 350° oven 45 minutes. Drain off excess fat. Prepare mashed potatoes according to package directions. Combine potatoes and broccoli; frost loaf with potato mixture. Sprinkle top with cheddar cheese and bake 15 additional minutes. Let stand about 5 minutes before removing to a warmed platter. Serves 8 to 10.

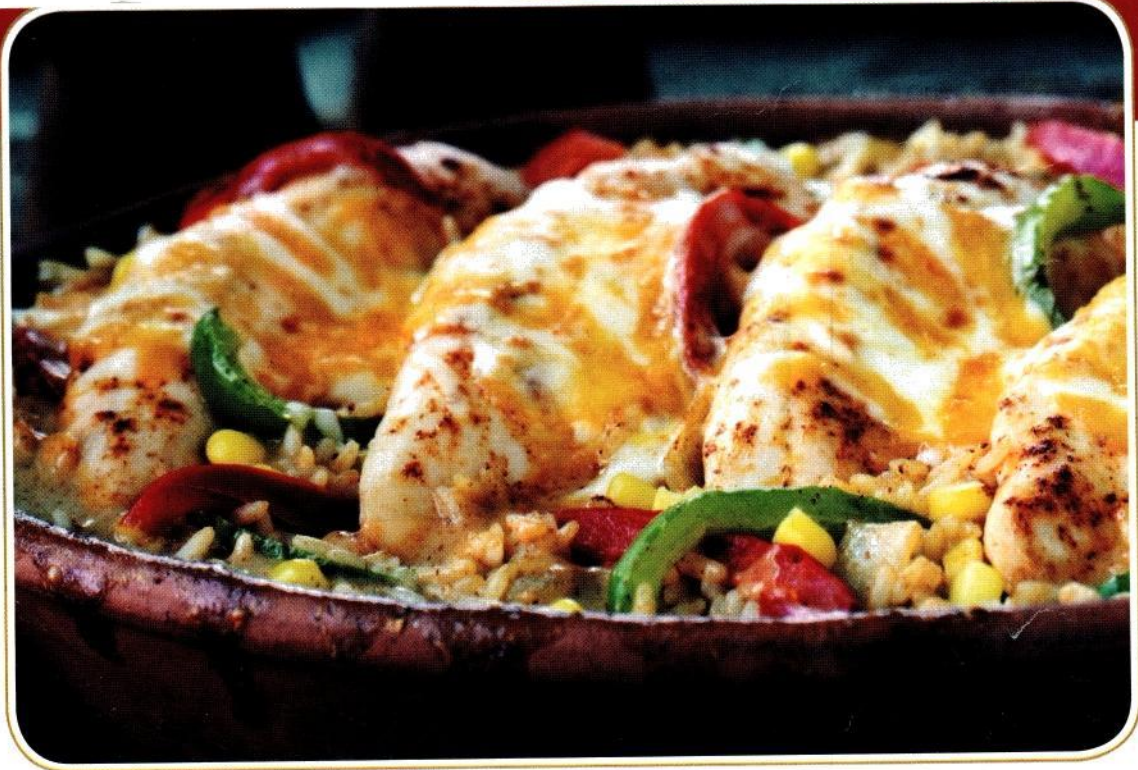
THREE-MEAT BUDGET LOAF

- 1 pound ground beef
- 1/2 pound ground lean veal
- 1/2 pound ground pork
- 2 eggs, beaten
- 3 cups cornflakes, crushed
- Salt and pepper
- 1 onion, minced
- Sage to taste
- 2 tablespoons tomato sauce

Mix ingredients together and place in large, greased pudding bowl. Cover tightly and steam for 2 1/2 hours. Leave in bowl until cold, unmold and slice. Or mix the ingredients and place in greased loaf pan. Put in roasting pan. Dot with fat, cover tightly and place in moderate oven, 350 deg. F., for 1 1/4 to 1 1/2 hours. Place potatoes around loaf pan and bake for 30 minutes longer. Make a thick gravy. Yield: 12 servings.

"Here's an economical, tasty meat loaf to serve your Saturday night crowd."

Mrs. J. G. Rimmer, 2354 Bellevue Avenue, Hollyburn, B. C.



FOR WEEKNIGHT DINNERS THAT CLICK VISIT COOKWITHCAMPBELLS.CA

TEX MEX CHICKEN AND RICE BAKE

- 1 can (10 oz/284 mL) CAMPBELL'S® Condensed Low Fat Cream of Chicken Soup
- 1 soup can 1% milk
- ¾ cup uncooked regular long-grain white rice
- 1 ½ tsp chili powder
- 1 ½ cups mixture of red and green pepper strips, chopped onion
- ½ cup frozen corn
- 4 boneless, skinless chicken breast halves (about 1 lb)
- 1/2 cup shredded Tex Mex cheese (or Cheddar and Monterey Jack mixture)



Rediscover.

Prep: 10 min Cook Time: 45 min Serves: 4

1. Mix soup, milk, rice and chili powder in shallow 2 qt (2 L) baking dish. Spread evenly with vegetables.
2. Top with chicken. Sprinkle chicken with cheese and additional chili powder, if desired. Cover.
3. Bake at 400°F (200°C) until chicken is cooked through and rice is tender – about 45 minutes. Remove cover and broil until cheese is golden and bubbly – about 3 minutes. Remove chicken and stir rice before serving.

Per serving: 360 kcal, 8g fat, 570mg sodium, 42g carbohydrates, 3g fibre, 30g protein, 15% DV calcium

Reader-Tested!

"This is such a tasty dinner – and it's easy! I like the veggies, and my daughter loved it too."

LINDSAY GRANT, SAINT JOHN, N.B.



KID-FRIENDLY PREP 10 min | TOTAL 40 min

Upside-Down Shepherd's Pie

- 6 large potatoes, preferably Yukon Gold, about 1.25 kg
- 500 g lean ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 cups frozen mixed vegetables
- 796-mL can diced tomatoes, drained
- 156-mL can tomato paste
- 1 tbsp Italian seasoning
- 1 tbsp Worcestershire sauce
- ½ cup milk
- 3 tbsp butter
- ½ cup chopped parsley (optional)
- ½ cup grated cheddar cheese

* PREP TIP *

Use a manual masher for the potatoes – a food processor can make them gluey.

PEEL potatoes and cut into quarters. Place in a large saucepan of water and set over high. Cover and bring to a boil. Reduce heat and boil gently until very tender, about 20 min.

HEAT a large frying pan over medium-high. Add beef, onion and garlic. Using a fork, break up meat and cook until it is no longer pink, 3 to 5 min. Drain off excess fat. Stir in mixed vegetables, diced tomatoes, tomato paste, Italian seasoning and Worcestershire. Stir occasionally until flavours develop, 8 to 10 min.

COMBINE milk and butter in a bowl or measuring cup. Microwave until hot, 1 min. Drain potatoes, then return to pot. Mash coarsely, then gradually add milk mixture and mash until creamy. Stir in parsley and season with fresh pepper. Scoop onto plates. Spoon meat mixture overtop, then sprinkle with cheese.

SERVES 4 | PER SERVING

708 calories, 39 g protein, 82 g carbs, 27 g fat, 10 g fibre, 537 mg sodium. Excellent source of vitamin C.

FIVE-LAYER DINNER

- 1 pound ground beef
 - 4 medium potatoes, sliced
 - 1 medium onion, sliced
 - 1 small green pepper, cut in rings
 - 2 tablespoons fat
 - 3 cups canned tomatoes, drained
- Brown beef in fat. Arrange layers of meat, potatoes, onion, tomatoes and green pepper in a buttered flat baking dish. Season each layer with salt and pepper. Cover and bake 45 minutes at 350 deg. F. Remove cover and continue baking 45 minutes longer. This recipe serves 6.
- "Our favorite budget-saving dinner."
Mrs. M. F. Watt, Barriere, B. C.

OUR FAVORITE MEAT LOAF

- Very Good*
- 1½ pounds ground lean beef
 - ½ pound ground pork
 - ¼ cup finely chopped onion
 - 2 eggs
 - 1 cup tomato juice
 - 4 slices day-old bread
 - 1 teaspoon salt
 - ½ teaspoon pepper
 - 4 teaspoons poultry dressing
 - 1 tablespoon Worcestershire Sauce
- Combine meat with onions and seasonings. Beat eggs and add to tomatoes. Cube bread and soak in liquid mixture. Beat all together until thoroughly mixed. Pack into 5x9-inch loaf pan. Bake in moderate oven, 350 deg. F., for 1¼ hours. When cooked, remove from oven and let stand for 15 minutes. Drain off excess fat. Turn out of pan. Spread with hot tomato sauce or catsup.
- "This loaf is delicious sliced cold for lunch or as a cold supper dish."
Mrs. Colin Turner, 1987 McKinnon Road, Surrey Centre, B. C.

something special.

Herb & Garlic Roast Chicken with Balsamic Vegetables

Prep: 15 min. | **Total:** 1 hour | **Makes:** 4 servings

bone-in chicken thighs (2-1/4 lb./1 kg)	1/4 cup	Kraft Extra Virgin Olive Oil Aged Balsamic Vinaigrette Dressing, divided
1/2 cup Philadelphia Herb & Garlic Cream Cheese Spread (1/2 of 250-g tub)	1-1/2 lb.	(675 g) baby red potatoes, halved
	3	carrots, cut diagonally into 1-inch-thick slices

PREHEAT oven to 400°F. Use handle of a wooden spoon or your fingers to carefully loosen skin from chicken thighs, being careful to not tear the skin. Spoon 1 Tbsp. of *Philly* under skin of each thigh. Place on a parchment lined baking sheet; brush with 2 Tbsp. dressing. TOSS potatoes and carrots with remaining dressing; place around chicken. BAKE 40 to 45 min. or until chicken is done (170°F). Serve chicken with vegetables.

