



# Home on the Range

## One-Dish Wonders

### CHICKEN CACCIATORE

- 4 whole chicken legs, skinned, split into drumsticks and thighs
- 3 tablespoons all-purpose flour, or more as needed
- 2 tablespoons olive oil
- 5 shallots, finely chopped
- 3 cloves garlic, finely chopped
- 28-ounce can crushed tomatoes
- 2 tablespoons tomato paste
- ¼ teaspoon dried leaf oregano
- ¼ teaspoon dried leaf thyme
- 1 tablespoon lemon juice
- 1 teaspoon chicken broth granules
- 1 bay leaf
- 2 cans (4-ounces each) sliced mushrooms
- Chopped fresh parsley, for garnish

Working in batches, combine chicken pieces and flour in plastic bag; shake to coat chicken. Remove from bag; shake off excess flour.

Heat oil in large nonstick skillet over medium heat. When oil is hot, add pieces of chicken, working in batches if necessary, and brown on one side. Turn chicken over. Add shallots and garlic. Brown other side of chicken.

Add tomatoes, tomato paste, oregano, thyme, lemon juice, chicken broth granules, and bay leaf. Reduce heat; cover and simmer 30 minutes or until chicken falls loosely from bone. Remove bay leaf and discard. Add mushrooms; gently heat through. Garnish with chopped parsley. Serve with noodles if desired.

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### CHICKEN POT PIE

- 3 cups mixed vegetables, cooked, drained
- 1½ cups cooked chicken, cubed
- 1 can cream of chicken soup
- ¼ teaspoon thyme or sage
- 2 9-inch pie crusts
- Preheat oven to 350 degrees.

In medium bowl, combine mixed vegetables, chicken, soup, and seasoning; mix well. Fit one pie crust into 9-inch pie pan; pour vegetable mixture into pie crust. Top with remaining crust, crimp edges to seal, and prick top with fork. Bake 30 minutes, or until crust is golden brown and filling is hot. Allow pie to cool slightly before cutting into wedges.

Servings: 4-6. Cook time 30 minutes.

### ROMAN CHICKEN

- 1 tablespoon vegetable oil
  - 1 pound boneless, skinless chicken breasts, cut into ¼-inch thick strips
  - 1 medium onion, chopped
  - 1 tablespoon Italian seasoning
  - 3 cups cooked rice
  - 14½-ounce can Italian-style stewed or diced tomatoes
  - ½ cup grated parmesan cheese
- Heat oil in large skillet over medium-high heat until hot. Add chicken, onion, and Italian seasoning; cook and stir 5-7 minutes or until chicken begins to brown and onion is tender. Add rice and tomatoes; cook 2-3 minutes or until thoroughly heated. Sprinkle with cheese; serve. Makes 4 servings.

USA Rice Council

### BEEF AND PASTA SKILLET DINNER

- 1½ pounds ground beef
- 14½-ounce can beef broth
- 14½-ounce can Italian-style diced tomatoes
- 2 cups uncooked bow tie pasta
- ¼ cup parmesan cheese, divided

In a large skillet, brown ground beef over medium-high heat 6-8 minutes or until beef is no longer pink, breaking up into ¾-inch pieces. Remove beef with slotted spoon; pour off drippings.

In same skillet, add broth, tomatoes, and pasta, pushing pasta into liquid. Bring to a boil; reduce heat to medium. Cook, uncovered, 15 minutes stirring frequently. Add zucchini, continue cooking 5 minutes or until pasta is tender.

Return beef to skillet and stir in ½ cup cheese; heat through. Sprinkle with remaining cheese. 4 servings.

### PAPRIKA PORK STEW

- 1 pound boneless pork shoulder, cubed
- 2 tablespoons flour
- 2 tablespoons paprika
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- ½ cup water
- 1 medium onion, cut in half lengthwise and sliced
- 4 large red new potatoes, quartered
- 2 tablespoons water
- ½ cup sour cream

Combine flour, paprika, and salt; mix well. Dip pork in flour mixture. Reserve excess flour mixture. Brown pork in oil in large skillet or Dutch oven. Pour off drippings. Add ½ cup water and onion, cover tightly and sim-



Each serving of Cowboy Beans and Rice provides 15 grams protein, 5 grams fat, 76 grams carbohydrates, 6 grams dietary fiber, 0 milligrams cholesterol, and 680 milligrams sodium.

mer 30 minutes. Add potatoes and continue cooking, covered, 20-30 minutes or until pork and potatoes are tender. Combine reserved flour with 2 tablespoons water; stir into pork mixture and cook until thickened, stirring occasionally. Remove from heat and stir in sour cream. Serves 4.

### AUNT FANNIE'S DINNER

- 1½ pounds ground beef
  - ½ onion, chopped
  - 1 teaspoon garlic powder
  - Salt and pepper to taste
  - 1 (8 ounce) can tomato sauce
  - 1 cup stewed, diced tomatoes
  - 1 (15 ounce) can whole kernel corn, drained
  - 1½ cups elbow macaroni
- In a large skillet over medium heat, saute the ground beef for 5 minutes. Add the onion and saute for 5 to 10 more minutes. Season with garlic powder, salt and pepper to taste. Add the tomato sauce, stewed OR diced tomatoes, corn and macaroni. Stir well and allow to heat through, about 5 to 7 minutes.

Prep Time: 10 Minutes  
Cook Time: 10 Minutes  
*A quick and easy one skillet dinner. This goes great with garlic bread and a salad.*

### BBQ PORK SANDWICHES

- 1 (14 ounce) can beef broth
- 3 pounds boneless pork ribs
- 1 (18 ounce) bottle barbecue sauce

Pour can of beef broth into slow cooker and add boneless pork ribs. Cook on high heat for 4 hours or until meat shreds easily. Preheat oven to 350 degrees F (175 degrees C).

Remove meat and shred with two forks. It will seem that it's not working right away, but it will.

In a dutch oven or skillet stir the meat and barbecue sauce together. Heat in oven for 30 minutes or until hot.

Makes 8 servings  
Prep Time: 15 Minutes  
Cook Time: 4 Hours 30 Minutes

*This is so easy & very tasty. Serve on buns with french fries or potato chips.*

### MEXICALI VEGETABLE SOUP

- ½ pound ground beef
- ½ cup chopped onion
- 3½ cups beef broth
- 1 (15 ounce) can white beans, drained
- 1 cup sliced zucchini
- 1 cup sliced carrots
- 1 (1.25 ounce) package taco seasoning

In a large saucepan over medium high heat, combine the ground beef and onion and saute for 5 minutes, or until beef is browned. Drain excess fat.

Pour in the beef broth, beans, zucchini, carrots and taco seasoning. Bring to a boil, reduce heat to low, cover and simmer for 15 to 20 minutes, or until vegetables are to desired tenderness.

Makes 6 to 8 servings  
Prep Time: 20 Minutes  
Cook Time: 25 Minutes

*Soup brings a family together. Make this soup and spend more time enjoying dinner than preparing it! This recipe combines ground beef with beans and mixed vegetables in a flavorful beef broth. Add a loaf of hearty bread and a salad, and you've got a well-*

*rounded dinner that everyone will enjoy.*

### DEBDOOZIE'S BLUE RIBBON CHILI

- 2 pounds ground beef
- ½ onion, chopped
- 1 teaspoon ground black pepper
- ½ teaspoon garlic salt
- 2½ cups tomato sauce
- 1 (8 ounce) jar salsa
- 4 tablespoons dry chili seasoning mix
- 1 (15 ounce) can light red kidney beans
- 1 (15 ounce) can dark red kidney beans

In a large saucepan over medium heat, combine the ground beef and the onion and saute for 10 minutes, or until meat is browned and onion is tender. Drain grease, if desired.

Add the ground black pepper, garlic salt, tomato sauce, salsa, chili seasoning mix and kidney beans. Mix well, reduce heat to low and simmer for at least an hour.

Makes 6 to 8 servings  
Prep Time: 10 Minutes  
Cook Time: 1 Hour

*This is the tastiest, easiest chili recipe you'll ever find. I recommend serving it with sliced jalapeno chile peppers and crackers or cornbread.*

## Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- November
  - 18 - Thanksgiving Dinner Ideas
  - 25 - Breads, Rolls, Biscuits
- December
  - 2 - Holiday Cookies
  - 9 - Snacks Using Coax, Other Cereals

## Featured Recipe

One-dish dinners solve many dilemmas when it comes to deciding what's for dinner. For a quick, easy-to-prepare meal, try Cowboy Beans and Rice from the USA Rice Council.

### COWBOY BEANS AND RICE

- 1 tablespoon vegetable oil
  - 1 medium onion, chopped
  - 1 medium-size green bell pepper, chopped
  - 3 cups cooked rice
  - 2 15- to 16-ounce cans pinto beans, drained, rinsed
  - ¼ cup barbecue sauce
- Heat oil in large skillet over medium-high heat until hot. Add onion and green pepper, cook and stir 3-5 minutes or until tender. Add rice, beans, and barbecue sauce. Simmer 5-7 minutes or until thoroughly heated. Makes 4 servings.
- For a meaty main dish, add ½ pound sliced smoked sausage or 4 frankfurters, sliced.