

Simple,
Affordable,
Meals for
You and
Your Family



Written and
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Kung Pao Tofu



Ingredients:

- 1 14-ounce extra-firm water-packed tofu, rinsed
- 1 tablespoon canola oil
- 1/2 cup water
- 3 tablespoons oyster-flavored or oyster sauce
- 1/2 teaspoon cornstarch
- 4 cups broccoli crowns cut into bite-size pieces
- 1 yellow bell pepper, cut into 1/2-inch dice
- 1 red bell pepper, cut into 1/2-inch dice
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- 2 tablespoons unsalted roasted peanuts

1. Pat tofu dry and cut into 1/2-inch cubes.
2. Heat canola oil in a large nonstick skillet over medium-high heat. Add tofu and cook, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.
3. Meanwhile, whisk water, oyster sauce, and cornstarch in a small bowl.
4. Add broccoli, yellow and red bell pepper to the pan and cook, stirring occasionally, until softening; about 4 minutes. Add ginger and garlic and stir, until fragrant, about 30 seconds. Reduce heat to low, add the oyster sauce mixture and cook, stirring, until thickened, about 30 seconds. Return the tofu to the pan along with peanuts and stir to coat with sauce.

Yummy Rice

1 cup of rice, white or brown, for a healthier choice!
1/2 cup of peas, fresh, or frozen
1/2 cup of cut up broccoli
1 cup of chicken breast
1 boiled egg per plate
salt to taste
2 tbs of butter



1. Cook rice, follow directions on packaging.
2. Butter in pan medium hit
3. Cook 1 cup of chicken breast
4. Mix rice, peas, corn for 4-5 minutes
5. Cut boiled egg in little pieces and mix 1 per serving

Spaghetti With Eggs



Ingredients:

1 tablespoon olive oil
1 clove garlic, minced
1/2 small onion
1 small can tomato paste
1 cup water
1 teaspoon dried oregano, crushed
1 teaspoon dried basil, crushed
1 bay leaf
pinch of sugar
6 eggs
1 package thin spaghetti

1. Boil spaghetti according to package directions.
2. Heat olive oil in large saucepan. Add garlic and onion and stir fry for about 1 minute.
3. Add 1 can tomato paste and 1 cup water. Add spices, sugar, and bay leaf.
4. Bring to a boil, then turn heat to low and simmer for 5 minutes. Turn heat back up to boiling and crack eggs in saucepan side by side. Sprinkle a little salt over eggs, cover, and let eggs poach for about 3 to 5 minutes.
5. When eggs are cooked, the sauce will soak into the eggs.
6. Separate eggs with a serving spoon and serve on top of spaghetti with sauce.

Baked Burger Kabobs

Ingredients:

- 4 carrots cut into 1 1/2" chunks
- 2 small onions
- 1 lb. lean ground hamburger
- 1/4 cup dry bread crumbs
- 1 egg - beaten
- 1 green pepper cut same as carrots
- 2 slices bacon cut into 8 pieces
- 1 can of tomato soup
- 3/4 - 1 cup water
- 2 tsp. Worcestershire Sauce
- 1/4 cup brown sugar



1. Parboil carrots and onions for 10 mins.
2. Combine ground beef, eggs, bread crumbs, and some salt and pepper.
3. Form into balls.
4. Thread carrots, onion, meatballs, green peppers & bacon on 4 skewers.
5. Sprinkle with salt and pepper.
6. Brown in shallow pan at 400F.
7. Pour off excess fat.
8. Combine soup, water and Worcestershire, brown sugar and garlic (if desired).
9. Pour over kabobs.
10. Bake 40 mins. at 350F basting occasionally.
11. Serve on rice topped with sauce from pan.



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Yummy Rice

Spaghetti With Eggs

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