

6 INGREDIENTS OR LESS RECIPES

ORANGE PICANTE PORK CHOPS

- 3/4 cup Pace Picante Sauce
- 1/4 cup Orange Juice
- 1/4 teaspoon Garlic Powder
- 4 Boneless Pork Chops, 3/4 inch thick

1. Mix the picante sauce, orange juice and garlic. Add the chops and turn to coat entirely. (You can marinate longer in fridge if desired).
2. Place in 11" skillet and cover. Cook on medium heat until vapo-valve clicks. Reduce heat to low and cook for 15-20 minutes or until pork is cooked through.

FRUIT SALAD

- 1 Cantaloupe (cut on cone #3)
- 3 Bananas (cut on cone #4)
- 2 Granny Smith Apples (cut on cone #2)
- 1 cup Strawberries (cut on cone #4)
- 1 pkg. Blueberries

1. Quarter cantaloupe and scoop out seeds. Score with 3 slits on each piece for smaller cuts. Cut on cone #3.
2. Cut other ingredients and mix in large bowl.
3. Chill for 20 min and serve.



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CHICKEN & DUMPLINGS

- Rotisserie Chicken (pull off all meat)
- 1 Chicken Bouillon Cube
- Bisquik (made to package instructions)
- Black Pepper

1. Place chicken in wide pan and cover with 1" water above chicken. Add bouillon cube and bring to boil.
2. Once boiling, place dollops of bisquik mixture on top until fully covered. Continue to cook until top is cooked through (5-10 min) and cover in last minute or so to finish cooking biscuits.

SLOPPY JOE CASSEROLE

- 1 lb. Ground Beef
- 1 10 oz can Campbells Condensed Tomato Soup
- 1/4 cup Water
- 1 tsp Worcestershire Sauce
- 1/8 tsp Ground Black Pepper
- 1 pkg. Refrigerated Biscuits
- 1/2 cup Cheddar Cheese, Cone #1

1. Cook ground beef in 3 quart and basket to brown and degrease.
2. Mix soup, water, worcestershire and black pepper in bowl. Place beef in bottom of large, wide skillet and cover with sauce. Place biscuits around edge and cover.
3. Cook on medium heat until vapo-valve clicks, reduce heat to low and cook for 15 minutes. Sprinkle cheese on top and broil in oven (if desired) to brown.

CIDER VINAIGRETTE GLAZED BEETS

- 6 Medium Beets
- 1 Tbsp Olive Oil
- 1 Tbsp Cider Vinegar
- 1/2 tsp Horseradish
- 1/2 tsp Dijon Mustard
- 1/4 tsp Brown Sugar

1. Cut beets on cone #3 and place in skillet. Add 3 TBS water and cover. Turn on medium and once vapo-valve clicks, reduce heat to low and cook for 8-10 min or until desired texture.
2. Whisk oil, vinegar, horseradish, mustard and brown sugar. Add to beets and stir. Serve warm!

QUICK HEALTHY QUESADILLAS

- 2 Tortillas (flour or corn)
- 1 Package of Hummus
- ½ Cup Salsa
- 2 Green Onions

1. Preheat griddle to medium heat.
2. Cover tortilla with layer of preferred hummus (Original, Pine Nut, Roasted Red Pepper, etc).
3. Spread layer of salsa on top of hummus and add chopped green onions.
4. Place second tortilla on top and place on griddle until warm/browned.

SLOW COOKED MEXICAN BRISKET

- 2 large onions, cut on cone #3
- 1 3-4 lb beef brisket
- 1 can fire-roasted diced green chilies
- 2 16 oz jars salsa

1. Preheat pan to medium-high heat and sear brisket on all sides.
2. Add onions, chilies and salsa. Cover and cook on medium until vapo-valve clicks. Reduce heat to low and cook for 6-8 hours.

BLACK BEAN CHILI

- black beans, drained, liquid reserved (1 25-ounce can)
- salsa (1 16-ounce jar or container)
- frozen corn (8 ounces)
- freshly squeezed lime juice
- fresh cilantro
- hot sauce (optional)

1. Add beans, corn and salsa to 5 quart saucepan. Add reserved liquid to reach desired consistency. The more liquid the “soupier” the chili will become.
2. Turn to medium heat, once vapo-valve clicks reduce to low and cook for 20 minutes.
3. Add lime juice, cilantro and hot sauce before serving.

