

Zadie's Hamburger Stroganoff—Low Fat and Low Sodium

1 Onion-chopped
1 lb Lean Ground Beef
4 oz Sliced Mushrooms
2 Tablespoons **Zadie's Original Seasoning**
1 Tablespoons Flour
1/2 cup Low Sodium Beef Broth
2 Tablespoons No Salt Added Tomato Paste
8 ounces Non-Fat Sour Cream
Hot cooked Noodles

In a large skillet, brown ground beef with mushrooms and onion. Drain after cooked. Sprinkle **Zadie's Original Seasoning** and flour over top and stir to mix in. Add broth and cook until thickened, scraping any sticking bits from the bottom. Remove from heat. Stir in sour cream. Serve over hot cooked noodles.

Zadie's Meatloaf—Low Fat and Low Sodium

2 pounds Lean Ground Beef
1 small to medium Onion-chopped finely
1/2 Green Bell Pepper-chopped finely
2 Eggs
4 Tablespoons **Zadie's Original Seasoning**
1/4 cup No Salt Added Tomato Paste
1/4 cup water
1 1/2 cups Low Salt Crackers

Crush crackers to create fine crumbs. Mix crumbs and all other ingredients together. Place in a casserole dish. Cover and bake at 350° for 1 hour. Remove from oven, pour liquid out of pan. Return to oven uncovered. Bake an additional 10 minutes or until done.

Zadie's Chicken Noodle Soup—Low Fat and Low Sodium

2 cans Low-Sodium Chicken Broth
2 Tablespoons **Zadie's Original Seasoning**
1 medium Carrot, sliced
1 stalk Celery, sliced
1/2 cup Onion, diced
1 1/2 cup Cooked Chicken, cubed
1 cup Uncooked Egg Noodles

Mix broth, **Zadie's Original Seasoning**, carrot, celery, and onion to a full boil. Add noodles. Cook over medium heat, uncovered, 10-15 minutes until noodles are done. Add chicken and cook an additional minute.