



Cream of Mushroom Skillet

Makes 4-6 servings | Grains • Protein • Dairy • Vegetables

Ingredients

- 1 pound ground meat (ground beef, pork, chicken, game meat, etc)
- 1 can cream of mushroom soup
- 1-2 teaspoons dried herbs
- ½ teaspoon garlic powder
- Salt and pepper to taste
- 3 cups fresh, frozen or canned vegetables (corn, cauliflower, green beans, green pepper, mixed vegetables, spinach)
- 1 cup uncooked brown rice, noodles, bulgur, or other grain
- ½ cups shredded cheese or bread crumbs, for topping

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Prepare ingredients. Stir together in a large pan or electric skillet.
3. Bring to a boil.
4. Reduce heat. Cover pan and simmer 15-55 minutes, until grain or pasta is tender. Pasta and bulgur cook faster than brown rice or other grains.
5. Top with cheese or breadcrumbs, if desired, near the end of cooking.

Oven Instructions

Mix together all ingredients and place in a baking dish coated with nonstick spray. Cover with aluminum foil. 2. Bake at 350°F for about 30 min for pasta and 1 hour for rice. Check occasionally and add water, if needed. 3. Top with cheese or bread crumbs near the end of cooking, if desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyoocnp.org/wrir/>

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