



# Quick Vegetarian Chili

Prep Time 

Start to Finish 

Servings 

## INGREDIENTS

1 Medium unpeeled white or red potatoes (about 10 oz), washed

1/2 cup organic tomato sauce

1/2 cup organic tomato sauce

1/2 cup organic tomato sauce

1/2 cup organic tomato sauce

1/2 cup organic tomato sauce

1 tablespoon chili powder

1 teaspoon ground cumin

1 medium zucchini, cut into 1/2 inch slices

## DIRECTIONS

1. In 4-quart Dutch oven, place all ingredient except zucchini; stir well. Heat to boiling over high heat, stirring occasionally; reduce heat. Cover; simmer 10 minutes.

2. Stir in zucchini. Cover; cook 5 to 7 minutes longer, stir occasionally until potatoes and zucchini are tender when pierced with fork.

### Crediting:

Meat/ Meat Alternate: 2.25 oz eq.

Vegetable: 1/2 cup

Serving Size: 1 bowl



**bell institute**  
OF HEALTH AND NUTRITION  
GENERAL MILLS



# Beef Empanadas

Prep Time  46 min

Start to Finish  62 min

Servings  22

## INGREDIENTS

- 1 1/2 cups Onions, finely chopped (8 oz)
- 2 tablespoons Olive oil
- 2 tablespoons Garlic, fresh, minced (1 oz)
- 1 tablespoon Cumin, ground
- 1 Tablespoon Oregano leaves, dried
- 6 cups Ground beef, 80/20 (3 lb.)
- 1/2 cup Raisins, chopped (2.50 oz)
- 1/2 cup Pimiento stuffed olives, finely chopped (2.50 oz)
- 1 1/2 cups Muir Glen™ Diced tomatoes, canned (14 oz)
- 2 teaspoons Kosher salt
- 1 teaspoon Black pepper
- 11 Pillsbury™ Grands! Butter Tastin' Biscuits
- Gold Medal™ All- Purpose Flour, for dusting
- 2 Large Eggs
- 2 tablespoons, water cold approx. 50°F

## DIRECTIONS

### FILLING

1. Add onions and olive oil to skillet over medium heat; stir frequently and cook until softened, about 10 minutes.
2. Add garlic, cumin and oregano; continue cooking for 1 minute, stirring frequently.
3. Add ground beef and cook through; add raisins, olives, tomatoes, salt and pepper.
4. Cook until mixture is reduced, but still moist and has reached a temperature of 165°F, about 5 minutes. Keep warm until needed.

### ASSEMBLY

1. Thaw biscuit pucks, covered for 20 minutes at room temperature or overnight in refrigerator.
2. Cut each biscuit in half and roll out on generously floured surface until size is approx. 4-inches in diameter.
3. Fill half with 1/2 cup filling; brush edges with water and fold over to seal.
4. Crimp edges with fork and place on parchment-lined baking sheet.
5. Brush empanadas with egg wash, bake as directed and serve warm.

Bake:	Temp:	Time:
Convection Oven	350°F	8- 12 minutes
Standard Oven	400°F	12-16 minutes

Crediting:  
 Meat/ Meat Alternate: 2 oz eq.  
 Grain 1 oz eq.  
 Serving Size: 1 Empanada



**bell institute**  
 OF HEALTH AND NUTRITION  
 GENERAL MILLS




# Make your own Mini Pizza

Prep Time  15 min.


Start to Finish  25 min.

Servings  6

## INGREDIENTS

-  large flour tortillas
- 1 can (15 oz) of Muir Glen™ Organic Pizza Sauce
- 3 cups mozzarella cheese, shredded
- olive oil (for brushing tortillas)
- cheese of choice (feta, parmesan, mozzarella, etc.)
- protein of choice (pepperoni, sausage, chicken, etc.)
- toppings of choice (roasted red peppers, sun dried tomatoes, sliced mushrooms, olives, artichoke hearts, chickpeas, etc.)

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Cut 4-inch wide circle out of the tortilla (as many circles as you can get out of each!), lay circles on 2 greased cookie sheets.
3. Lightly brush each tortilla with olive oil and spread a spoonful (1/8 cup) of Muir Glen Organic Pizza Sauce into the center of each tortilla round.
4. Sprinkle cheese (1/4 cup) on top of the sauce on each tortilla round. Must place 1/8 cup of any of the listed vegetables.
5. Top your tortilla with your favorite toppings & bake in preheated oven for 10 minutes, or until cheese is bubbly.
-  6. Enjoy!

### Crediting:

Grains: 1 oz eq.  
Vegetable: 1/4 cup  
Serving Size: 1 Tortilla



**bell institute**  
OF HEALTH AND NUTRITION  
GENERAL MILLS



# Oven-Fried Ranch Chicken Tenders

Prep Time  15 min

Start to Finish  35 min

Servings  6

## INGREDIENTS

- 1/3 cup Gold Medal™ All-Purpose Flour
- 2 large eggs
- 1 tablespoon water
- 3 cups Corn Chex™ Cereal
- 1 package (1 oz) dry ranch salad dressing and seasoning mix
- 2 packages (14 oz) boneless skinless chicken breast tenders
- 1/4 cup butter, melted

## DIRECTIONS

1. Heat oven to 425°F. Line large rimmed baking pan with foil; spray with cooking spray.
2. In shallow dish, place flour. In another shallow dish, beat eggs and water. In 1-gallon resealable food-storage plastic bag, finely crush cereal with rolling pin. Add dressing mix (dry) to cereal in bag; shake to mix. Pour into another shallow dish. Working 1 at a time, coat chicken with flour, dip into egg mixture. Place in baking pan. Repeat with remaining chicken. Press any remaining cereal coating mixture on tops of chicken. Drizzle melted butter over tops of chicken. Discard flour and egg mixture.
3. Bake 12 to 15 minutes or until golden brown and chicken is no longer pink in center. Let stand 5 minutes before serving.

### Crediting:

Meat/ Meat Alternate: 2 oz eq.  
Serving Size: 2 chicken tenders



**bell institute**  
OF HEALTH AND NUTRITION  
GENERAL MILLS