



## MEAL COMPLETER RECIPES

### Pantry Vegetable Beef Soup

***This soup is versatile and makes a big pot! You can easily divide the recipe in half. Change the packet flavor mix, any combination of vegetables, or add rice instead of potatoes, whatever you have in your pantry.***

2 cans Meal Completer  
1 med onion, chopped  
1 bell pepper, any color, chopped  
10 stalks celery, chopped  
4 cloves garlic, minced  
2 Tbl olive or canola oil  
2-3 lbs cabbage, chopped  
1 lb carrots, chopped (or shredded) OR 1 can of carrots  
32 oz canned tomatoes (any variety) and/or tomato juice  
1 lb oz green beans, fresh, trimmed and chopped OR 1 can green beans  
2 medium potatoes, peeled and diced OR 1 can of potatoes  
2-3 cups zucchini, yellow squash or other favorite vegetable, OPTIONAL  
1 or 2 pkt onion soup mix OR beef stew mix OR beef gravy mix  
2 qts broth (veg, chicken or beef)  
¼ c sugar  
2 T vinegar  
Water to cover (up to 2 qts)  
Salt and pepper  
2 Tbl parsley, chopped

In a large soup pot, sauté the onions, bell pepper and celery with the garlic in oil. Add the Meal Completer and stir to incorporate. Cook for 1-2 minutes until onions begin to brown.

Add remaining ingredients and cook, covered, over medium high heat 30-45 minutes, stirring occasionally. If using fresh vegetables, test for doneness.

OR cook on low in slow cooker all day. Taste for seasoning and adjust as desired.

## **Burrito Casserole**

*You can make this as a casserole or as the filling for individual burritos.*

8 medium flour tortillas, soft taco size  
1 med onion, chopped  
1 Tbl canola oil  
2 cans Meal Completer  
4 oz can diced green chiles OR 2 to 3 jalapeno peppers, fresh, chopped  
1 15 ounce can refried beans, any variety  
2 16 oz cans tomatoes, diced  
1 packet taco, enchilada or burrito seasoning\*  
1/2 cup thinly sliced green onions  
2 tablespoons chopped cilantro (optional)  
6 ounces shredded mild Cheddar cheese or blend of Cheddar and Monterey Jack cheeses

Lightly grease a 2 1/2 to 3-quart baking dish. Heat oven to 350° F.

Slice or tear the tortillas into pieces about 1 1/2 to 2 inches wide. Arrange enough of the pieces to cover the bottom of the baking dish. Set the remaining strips aside.

In a large skillet, brown the onion and chiles in the oil, about 5 minutes, until it softens and begins to brown. Add the Meal Completer and peppers and stir to blend.

Stir in the refried beans and tomatoes with the seasoning mix and continue cooking, stirring, until hot and bubbly.

Spoon one third of the hot mixture evenly over the tortilla layer. Top with one third of the cheese. Repeat the layers twice then sprinkle with the cheese.

Bake the casserole for about 15 minutes, or until the cheese has melted and the casserole is bubbly. Remove from oven and sprinkle with the green onions and cilantro right before serving.

**\*Homemade Seasoning Mix, makes enough for 3 recipes**

Combine 2 tablespoon of chili powder with 1 tablespoon of cumin, 1 tablespoon of paprika, 1 tablespoon of onion powder, 1 tablespoon of garlic powder. Store in an airtight container.

## Simple Shepherd's Pie

1 small onion, chopped  
½ bell pepper, green or red, chopped  
1 Tbl canola oil  
1 cans Meal Completer  
1 can of cream of mushroom soup  
1 T Worcestershire sauce  
salt and pepper  
1 14 oz can green beans, drained  
1 box of scalloped potatoes, prepared according to directions OR 4 c prepared mashed potatoes  
4 oz cheddar cheese, shredded or sliced

In a large skillet, brown the onion and bell pepper in the oil, about 1 minute. Add the Meal Completer and season with salt and pepper to taste. Add soup, green beans and Worcestershire and combine well.

Transfer mixture to a 9x9 casserole dish and spread potatoes over meat mixture.

Bake in 350 degree oven for 20-30 minutes until potatoes are beginning to brown and bubble. Remove the casserole from the oven, sprinkle cheese over top and return to oven for 5-10 minutes to melt cheese.

Serve with green salad and crusty bread.

Variation: Substitute tomato soup or a can of beef gravy for mushroom soup.

This works very well in a slow cooker for 2-3 hours on low, or 1 hour on high. Add the cheese about 15 minutes before serving. Cover and continue cooking until cheese is melted.

## Tamale Pie

1 med onion, diced  
1 T salad oil  
½ tsp salt  
2 cans Meal Completer  
2 packets of taco seasoning  
12 oz can corn, drained  
1 16 oz can pinto beans, refried beans, black beans; any variety with chili flavor  
1 14 oz can diced tomatoes  
1 can of black olives, sliced or coarsely chopped  
2 c shredded cheddar cheese  
2 boxes of cornbread mix  
1/2 c green onions, sliced

Saute onion in oil until tender, about 2-3 minutes. Add salt, Meal Completer, taco seasoning, corn, beans, tomatoes and olives to the pan. When hot, transfer to baking dish and top with half of the cheese.

Make the cornbread mix as directed and top the meat mixture with the batter.

Bake at 350 F for 15-20 minutes. Top with the remaining cheese and green onions and serve.

## Sloppy Joe sliders

*These are good full-size sandwiches, too. Add cheese and pickles if you like!*

- 1 15 oz can Sloppy Joe Sauce
- 2 cans Meal Completer
- 1 med onion, chopped (optional)
- 1 green bell pepper, chopped (optional)
- 1 pkg of 12 dinner rolls, sliced across the middle

Heat the sauce and Meal completer in a saucepan until heated through and well combined.

If you wish to use the optional onion and bell pepper, sauté them in a small skillet with a tablespoon of oil until they are tender and then add to the sauce and Meal Completer. Simmer until bubbly and heated through.

Serve on dinner rolls.