

Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™



September 22, 2008

Tyson Beef Stew in a Bread Bowl

Ingredients

- 2 packages Tyson Beef Tips in Gravy
- 2 cans vegetable and potato soup
- 2 tablespoons rosemary
- 4 large size rolls, hard and crusty

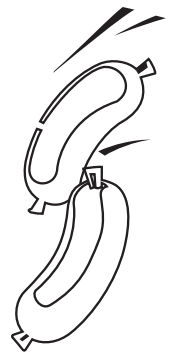
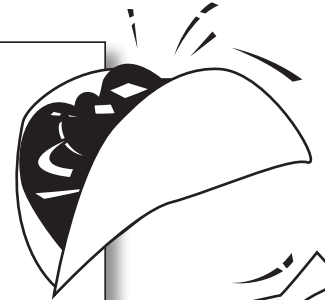
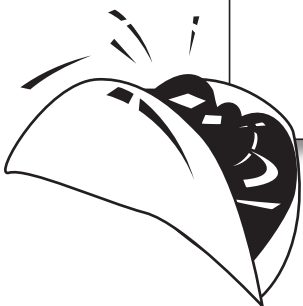
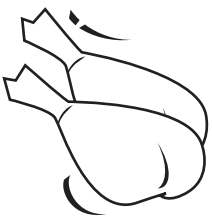
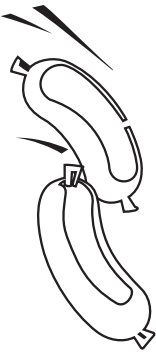
DIRECTIONS

1. Preheat oven to 325°F.
2. Remove clear wrap and sleeve for Tyson Beef Tips and Gravy from trays.
3. Empty contents of the bags into a conventional oven safe container.
4. Open cans of vegetable and potato soup, strain juices from cans, and empty vegetables and potatoes into same oven safe container.
5. Mix Tyson Beef Tips and Gravy and thick vegetable soup together.
6. Sprinkle rosemary over stew mixture.
7. Heat 20 minutes or until contents are hot and steaming.
8. Using a sharp knife, cut in a circular motion around the top of crusty rolls, removing the top. Pull bread center out to form a bowl for the stew. Place pulled bread pieces to the side.
9. Spoon steaming hot stew into the bread bowls.
10. Use top and pulled bread pieces to dip into stew.

To add a little spice sprinkle a few flakes of chili pepper. That will bring some kick to your dish!

Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 4

[Courtesy of Tyson Heat 'N Eat Entrées](#)



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Open Face Tyson Pork Roast with a side of cheesy garlic mashed potatoes

Ingredients

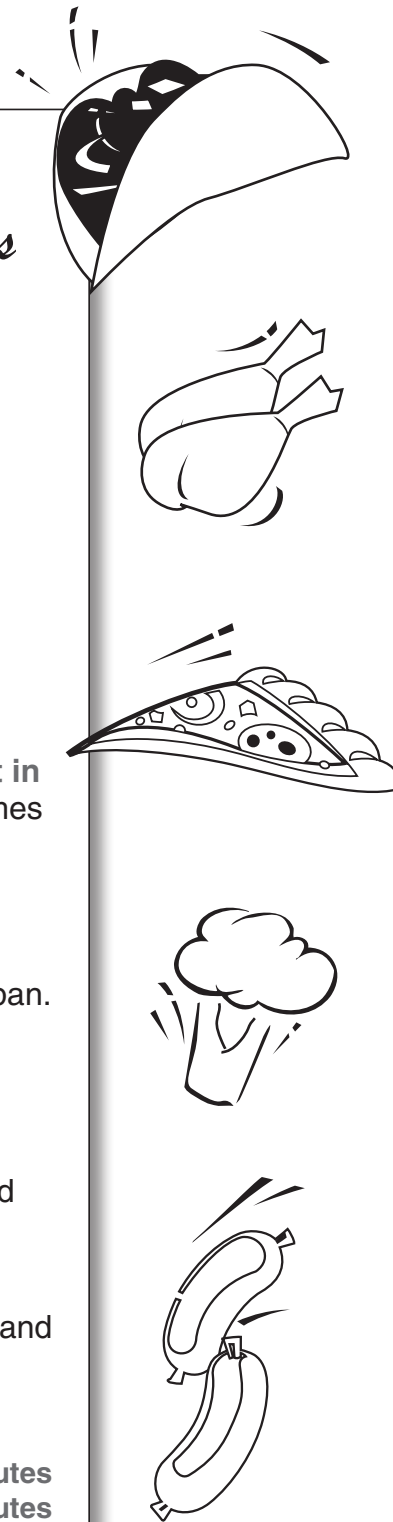
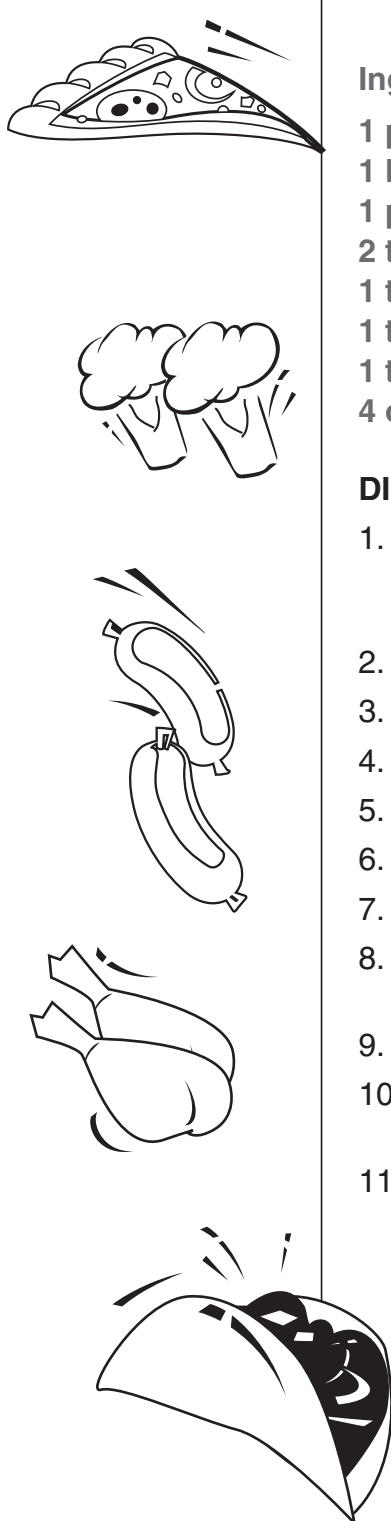
- 1 package Tyson Pork Roast in Gravy
- 1 loaf thick sliced sour dough bread
- 1 package prepared mashed potatoes
- 2 tablespoons margarine
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- 1 tablespoon parsley
- 4 oz. shredded mild cheddar cheese

DIRECTIONS

1. Remove clear wrap and sleeve from **Tyson Pork Roast in Gravy** tray; leave bag in tray. Puncture bag at least 3 times to ventilate. Cover tray with a paper towel.
2. Heat on HIGH for 4 minutes.
3. In medium sized sauce pan, melt margarine.
4. Place package of prepared mashed potatoes in sauce pan.
5. Add garlic salt, black pepper, and cheddar cheese.
6. Cook 3 to 5 minutes or until center is hot.
7. Place 1 slice of sour dough bread on plate.
8. Cut **Tyson Pork Roast in Gravy** into medium slices and place on sour dough bread.
9. Place spoonfuls of mash potatoes on side of plate.
10. Top open faced **Tyson Pork Roast in Gravy** sandwich and mashed potatoes with gravy from tray.
11. Sprinkle sandwich and mashed potatoes with parsley.

Prep Time: 5 minutes
Cook Time: 8 minutes
Servings: 3

[Courtesy of Tyson Heat 'N Eat Entrées](#)



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September 22, 2008

Tyson Seasoned Beef Meatloaf Parmesan

Ingredients

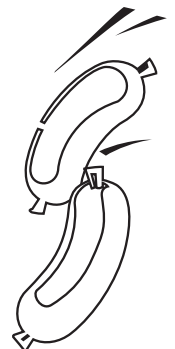
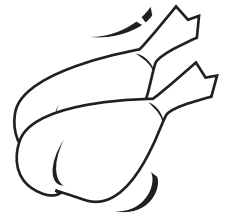
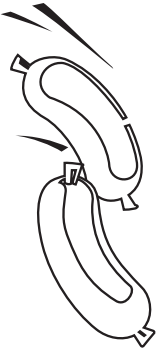
- 1 package Tyson Seasoned Beef Meatloaf
- 1 jar tomato pasta sauce
- 1 ball fresh buffalo mozzarella cheese, water drained
- 8 oz. grated parmesan cheese
- 1 pound spaghetti pasta, cooked al dente
- 4 basil leaves
- 1 tablespoons of extra virgin olive oil
- 1 teaspoon salt

DIRECTIONS

1. Preheat oven to 325°F.
2. Remove clear wrap and sleeve from Tyson Seasoned Beef Meatloaf tray; empty contents of bag onto a cutting board.
3. Slice Tyson Seasoned Beef Meatloaf into medium slices.
4. Empty jar of tomato pasta sauce into a deep sauté pan and add basil leaves.
5. Heat 1-2 minutes on MEDIUM heat.
6. Place slices of Tyson Seasoned Beef Meatloaf into pasta sauce.
7. Heat 3-5 minutes, occasionally spooning pasta sauce over meatloaf.
8. Slice buffalo mozzarella cheese. Place on slices on top of Tyson Seasoned Beef Meatloaf slices.
9. Drizzle extra virgin olive oil on hot spaghetti pasta and season with salt.
10. Place 4 ounces of hot spaghetti on plate.
11. Top with slice of mozzarella meatloaf. Spoon additional pasta sauce. Sprinkle dish with parmesan cheese.

Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 4

[Courtesy of Tyson Heat 'N Eat Entrées](#)



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September 22, 2008

Sweet Potato Shepherd's Pie with Tyson Beef Pot Roast

Ingredients

1 package Tyson Beef Pot Roast in Gravy
2 sweet potatoes, peeled and diced
1 cup heavy cream (or substitute milk)
2 teaspoons ground cinnamon
1 tablespoon butter (or substitute margarine)

Pinch of salt
3 tablespoons extra olive oil
1 tablespoons minced garlic
1 large carrot, diced small
1 can sweet peas, drained
1 cup button mushrooms, wiped clean and sliced
2 tablespoons tomato paste
1 tablespoon steak sauce

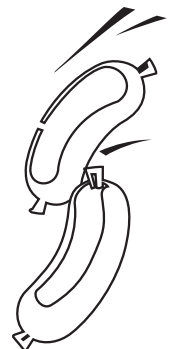
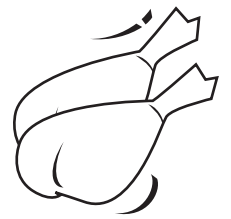
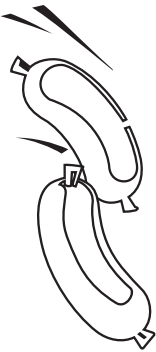
DIRECTIONS

1. Preheat oven to 375°F.
2. Place diced sweet potatoes into a nonstick medium sized saucepan. Cover with cold water.
3. Bring to a simmer and cook until fork tender.
4. Drain well and mash with potato masher.
5. Add cream, cinnamon, butter, and pinch of salt. Mash until well blended.
6. Heat sauté pan over medium heat. Pour in extra olive oil. Add garlic, diced carrot, peas, and button mushrooms. Sauté until vegetables are soft.
7. Add tomato paste and steak sauce to mixture.
8. Remove clear wrap and sleeve from Tyson Beef Pot Roast in Gravy. Empty contents of bag onto cutting board.
9. Using fork and knife, shred pot roast.
10. Add shredded pot roast to sauté pan and mix.
11. Pour beef and vegetable mixture into casserole dish, and top with mashed sweet potatoes.
12. Bake for 45 minutes, or until sweet potatoes are slightly brown.

Note: To pipe sweet potatoes, reduce heavy cream (or milk) to ½ cup for thicker consistency.

Prep Time: 25 minutes
Cook Time: 1.5 hours
Servings: 4

[Courtesy of Tyson Heat 'N Eat Entrées](#)



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September 22, 2008

Chicken Shitake Sit-Down Family Feast

Ingredients:

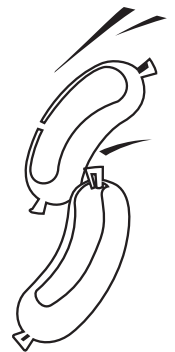
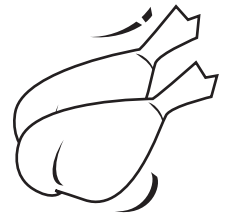
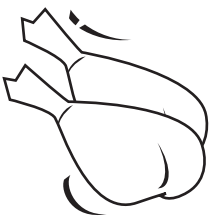
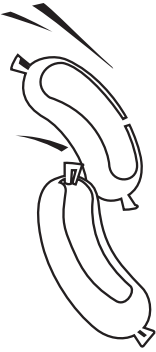
- 6 oz. Shitake mushrooms (sliced)
- 4-5 small skinless/boneless chicken breasts (rinsed)
- 5 tablespoons olive oil
- 1 jar (26 oz.) La Famiglia DelGrosso Chef John's Tomato Basil Masterpiece Pasta Sauce
- 3 oz. chicken stock
- 3 oz. grated Romano cheese
- 12 oz. pasta (rigatoni, penne or shells)

COOKING DIRECTIONS:

1. Season the chicken with salt, pepper and granulated garlic.
2. In a medium skillet add half of the olive oil and heat.
3. Add the shitake mushrooms and sauté for 5 minutes. Place mushrooms in a bowl.
4. Add remaining olive oil to the skillet over medium heat. Sauté chicken breasts until lightly brown. Turn them over and cook for 3 minutes.
5. Add Shitake mushrooms to the skillet along with any liquid from the mushrooms.
6. Add La Famiglia DelGrosso Chef John's Tomato Basil Masterpiece pasta sauce and chicken stock.
7. Cook very slowly until the chicken is fully cooked, about 15 minutes. Remove chicken from skillet and set aside.
8. When chicken cools, use a fork to shred the chicken. Add the chicken back into the skillet and mix with the sauce.
9. Cook your favorite pasta (rigatoni, penne or shells) according to package directions and drain. Add the pasta to the sauce and mix well.
10. Sprinkle Romano cheese on dish and serve hot.

Prep & Cook Time: 30 minutes

[Courtesy of The DelGrosso Family](#)



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Taco Casserole

Ingredients

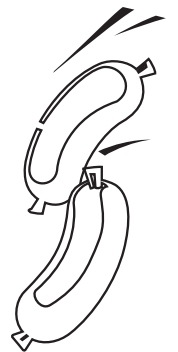
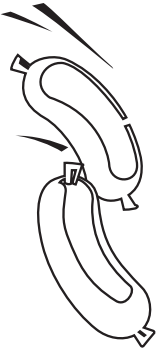
- 1 1/2 pounds lean ground chicken
- 1 package (1.25 oz) taco seasoning
- 2 cans (8 oz) tomato sauce
- 1 can (11 oz) Mexican corn mixture or whole kernel corn, drained
- 1 cup shredded Cheddar cheese
- 1 cup coarsely crushed tortilla chips

DIRECTIONS

1. Preheat oven to 400 degrees. In a large skillet, cook and stir ground chicken over medium-high heat until done; drain.
2. Stir in tomato sauce, taco seasoning and corn. Simmer 5 minutes.
3. Spoon mixture into 2-quart baking dish. Top with cheese and tortillachips. Bake 5-10 minutes or until cheese is melted. Garnish with a choice of toppings, such as sour cream, sliced avocado, diced tomatoes and chopped green chilies, if desired.

Yields: 6 servings
Cook: 5 - 10 minutes
Serve with: Tossed salad

Courtesy of www.commissaries.com



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September 22, 2008

Grilled Salmon with Citrus-Dill Butter

Ingredients

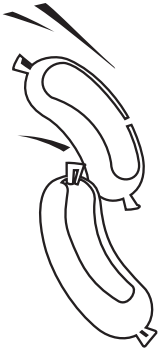
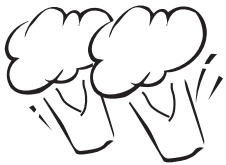
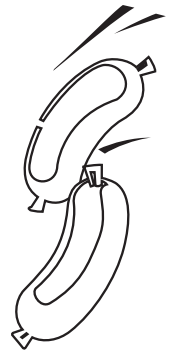
- 4 tablespoons butter, softened
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh dill
- 1/2 teaspoon grated lemon peel
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 4 salmon fillets (about 4 ounces each)
- 4 sprigs fresh dill for garnish

DIRECTIONS

1. In a small bowl, combine all ingredients except salmon and dill sprigs; mix until well blended.
2. Spread 1/2 teaspoon of butter mixture over each fillet; place fillets, skin-side-up, on grill over medium coals, and cook 3 minutes.
3. Turn fillets skin-side-down; spread another 1/2 teaspoon of butter mixture over top of each fillet.
4. Cook 8 to 10 minutes or until fish flakes easily with a fork.
5. Spread remaining butter mixture over fillets, garnish with dill sprigs, and serve.

Yields: 4 servings
Serve with: Baked potatoes
Whole Wheat Dinner Rolls

Courtesy of www.commissaries.com



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Steamed Green Beans and Mushrooms

Ingredients

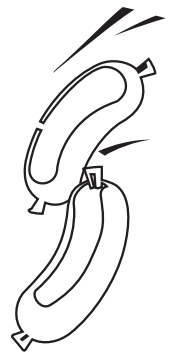
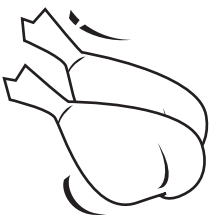
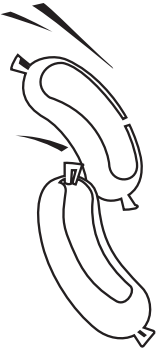
- 1 pound fresh green beans, washed with stem ends removed
- 4 to 5 fresh mushrooms, brushed clean with paper towel and sliced

DIRECTIONS

1. Bring about 2 inches of water to a boil in a large pot fitted with a steamer basket. Be sure the water does not touch the bottom of the basket.
2. Add the vegetables to the basket – green beans on bottom and mushrooms on top.
3. Cover with a tight fitting lid and steam about 8 minutes or until beans are tender-crisp.

Yields: 4 servings
Serve with: Baked potatoes
Whole Wheat Dinner Rolls

[Courtesy of www.commissaries.com](http://www.commissaries.com)



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Chicken Broccoli and Rice Bake

Ingredients

- 1 (10.75 oz.) can condensed cream of chicken soup
- 3 or 4 chicken breasts, cooked and cut up
- 2 cups cooked rice
- 1/2 (14 oz.) bag frozen broccoli florets
- 1 (8 oz.) container light sour cream
- 1/2 cup low-fat or fat-free milk
- 4 to 6 ounces reduced-fat cheddar cheese, shredded

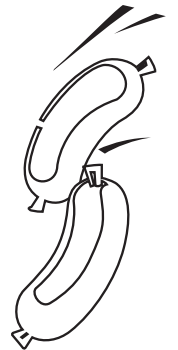
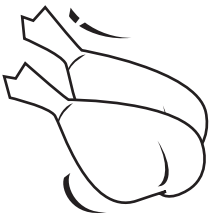
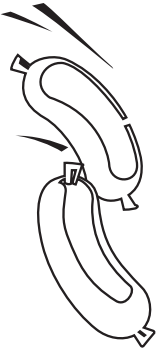
DIRECTIONS

1. Heat oven to 325 degrees. Lightly spray a 13x9-inch baking pan with cooking spray.
2. Combine all ingredients in a large mixing bowl; turn into prepared baking pan.
3. Bake, uncovered, for 45 to 60 minutes, or until heated through and bubbly.

Yields: 6 servings
Serve with: Tossed Salad
Whole Wheat Dinner Rolls

Courtesy of www.commissaries.com

Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org



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September 22, 2008

Szechwan Beef Stir-Fry

Ingredients

3/4 pound boneless beef sirloin
steak or top round steak
3 tablespoons dry sherry or dry
white wine
3 tablespoons soy sauce
2 tablespoons water
2 tablespoons hoisin sauce
2 teaspoons cornstarch
2 teaspoons grated ginger root
1 teaspoon sugar
1/2 teaspoon crushed red pepper

1/4 teaspoon ground black pepper
(optional)
2 cloves garlic, minced
1 tablespoon cooking oil
1 cup thinly sliced carrots (2
medium)
1 (8 3/4 ounce) can whole baby
corn, drained
1 red sweet bell pepper cut in
1-inch squares (about 1 cup)
2 cups hot cooked rice

DIRECTIONS

1. Trim fat from beef. To make slicing easier, partially freeze beef by placing it in the freezer for about 20 minutes, then thinly slice across the grain into bite-size strips. Set aside.
2. Cut whole baby corn in half crosswise; set aside.
3. For sauce, stir together the sherry or wine, soy sauce, water, hoisin sauce, cornstarch, ginger root, sugar, red pepper, black pepper (if using) and garlic; set aside.
4. Pour cooking oil into wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry carrots in hot oil for 2 minutes. Add baby corn and sweet pepper. Stir-fry for 1 to 2 minutes or until vegetables are crisp-tender. Remove vegetables from wok.
5. Add beef to hot wok and stir-fry for 2 to 3 minutes or to desired doneness. Push beef to the sides of the skillet or wok, away from the center.
6. Stir the sauce mixture, and add to center of the wok. Cook and stir until thickened and bubbly.
7. Stir in all meat and cooked vegetables. Cook and stir for 1 to 2 minutes

Yields: 4 servings

Serve with: Whole Wheat Dinner Rolls

Courtesy of www.commissaries.com

