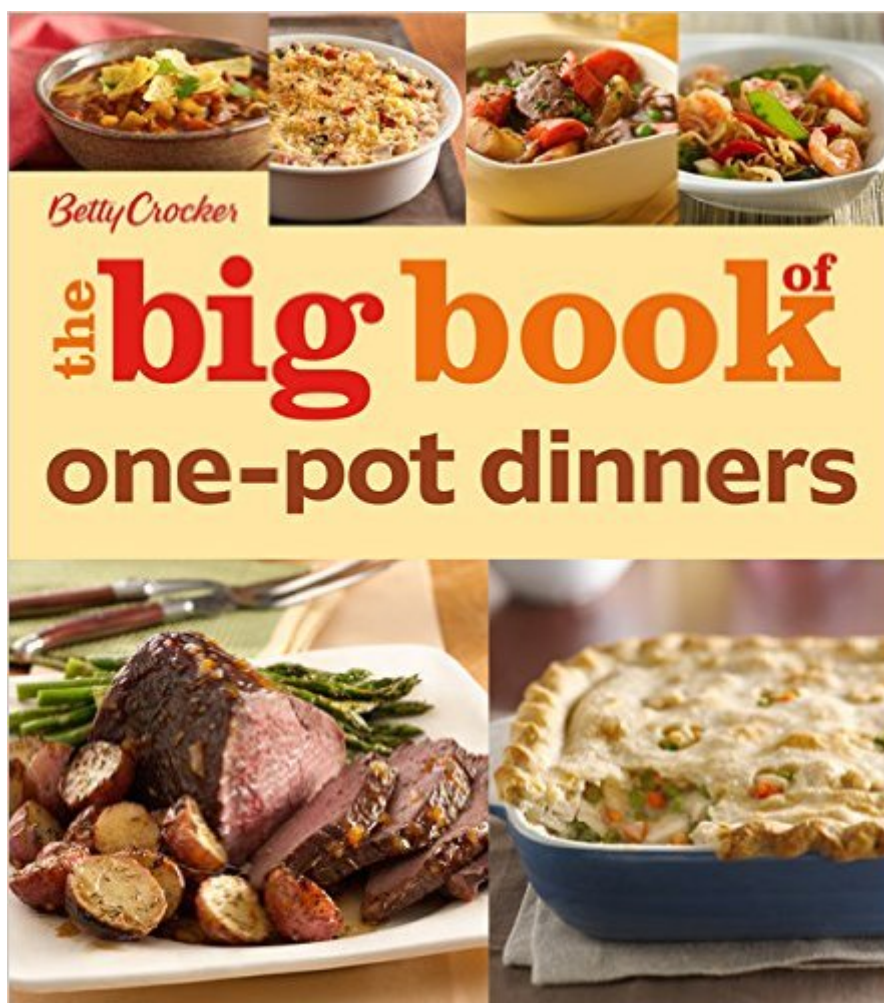


The book was found

Betty Crocker The Big Book Of One-Pot Dinners (Betty Crocker Big Book)



Synopsis

More than 200 family-friendly, delicious recipes for complete meals made in one pot With this book, home cooks have all they need to create mouth-watering one-pot dinners with ease. Filled with more than 200 tasty recipes and 100 full-color photos, it offers up meals like Slow Cooker Fire-Roasted Tomato Pot Roast, Hearty Chicken Pot Pie, and Curried Lentil and Vegetable Stew that are sure to become family favorites. Also included is an informative introduction to choosing and working with various types of cookware, and advice on techniques to make dinner a cinch. Plus, handy icons call out meatless options, crowd-pleasing solutions, and dishes that are lower in calorie count, making one-dish dinners a great choice for everyone. With a variety of flavors and pots, from skillets and saucepans to baking dishes and Dutch ovens, there is a complete dinner idea for every night of the week.

Book Information

Series: Betty Crocker Big Book

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Customer Reviews

Chorizo, White Bean and Kale Pot Pie from The Big Book of One-Pot Dinners prep time: 30 Minutes || start to finish: 1 Hour 15 Minutes || 6 servings 1. Heat oven to 375° F. Spray 9- or 10-inch deep-dish pie plate or shallow 1 1/2-quart casserole with cooking spray. 2. In 12-inch nonstick skillet, cook sausage over medium-high heat, breaking up with spoon, until browned. Transfer sausage from skillet to paper towels to drain. Wipe skillet clean with paper towel. In same skillet, heat oil over medium heat. Add carrot and onion; cook and stir about 3 minutes or until

softened. Add garlic; cook and stir 30 seconds longer. 3. Sprinkle flour over mixture in skillet; stir in until moistened. Stir in water, Alfredo sauce and pepper. Cook over medium-high heat, stirring occasionally, until mixture boils and thickens. Stir in kale. Remove from heat; cover and let stand 3 minutes or until kale is softened. Stir in beans and cooked sausage. Pour into pie plate. 4. Heat potatoes as directed on bag; stir until smooth. Spoon evenly over bean mixture. In small cup or bowl, stir together cheese and Italian seasoning. Sprinkle over potatoes; swirl lightly into potatoes with back of spoon while spreading potatoes evenly over filling. 5. Bake 30 to 35 minutes or until filling is hot and bubbly and potatoes are just beginning to brown. Cool 5 to 10 minutes before serving.

Nutrition Information 1 Serving: Calories 590; Total Fat 31g (Saturated Fat 13g, Trans Fat 0g); Cholesterol 75mg; Sodium 1250mg; Total Carbohydrate 50g (Dietary Fiber 9g); Protein 28g

Exchanges: 2 Starch, 1 ½ Other Carbohydrate, 1 Very Lean Meat, 2 High-Fat Meat, 2 ½ Fat

Carbohydrate Choices: 3

Ingredients 12 oz bulk chorizo sausage 2 teaspoons vegetable oil 1 cup shredded carrot 1 medium onion, chopped (½ cup) 2 cloves garlic, finely chopped ½ cup all-purpose flour 1 cup water ½ cup Alfredo pasta sauce ½ teaspoon pepper 1 cup finely chopped fresh kale (stems removed) 2 cans (15 oz each) cannellini beans, drained, rinsed 1 bag (24 oz) refrigerated mashed potatoes 3 tablespoons grated Parmesan cheese 1 teaspoon dried Italian seasoning

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