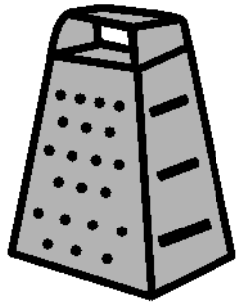


# Cheese and Bean Burrito

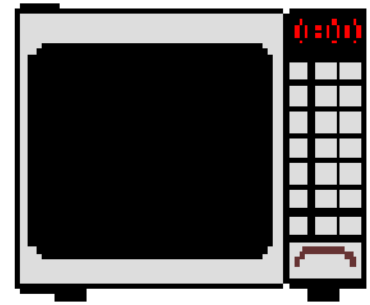
## You will need:



cheese grater



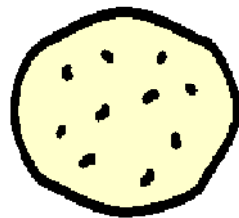
2 spoons



microwave



plate



tortilla



cheddar cheese



refried beans



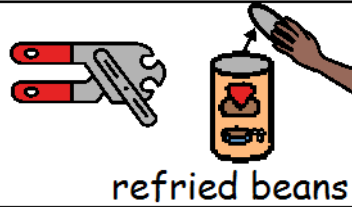
salsa

# Cheese and Bean Burrito

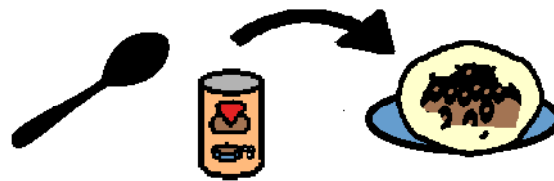
1. Put tortilla on plate



2. Open refried beans



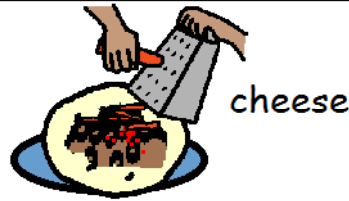
3. Spoon onto tortilla



4. Spoon salsa onto tortilla



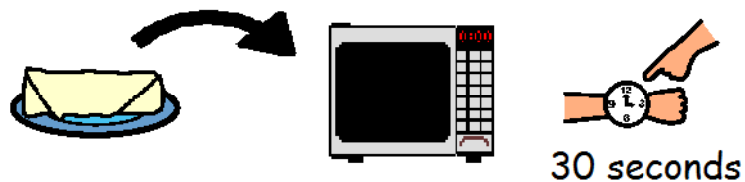
5. Grate cheese onto tortilla



6. Roll tortilla



7. Place in microwave oven for 30 seconds

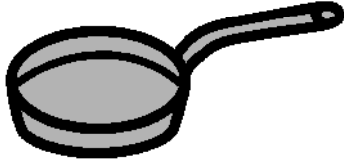


8. Serve

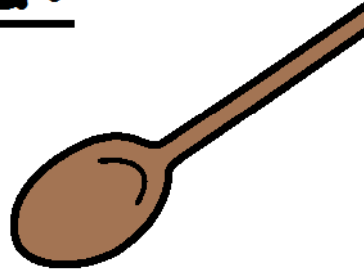


# Chili

## You will need:



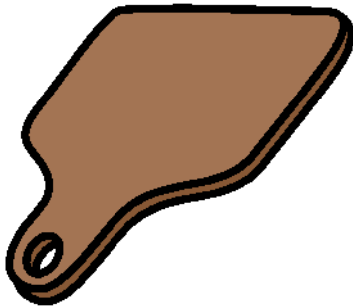
frying pan



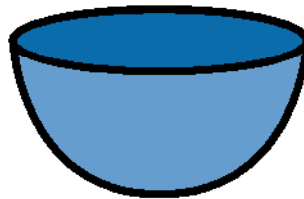
wooden spoon



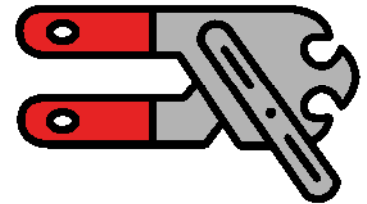
sharp knife



cutting board



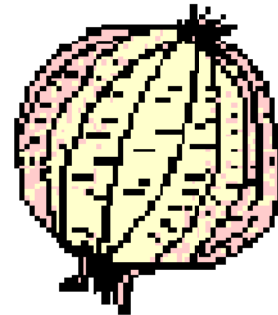
bowl



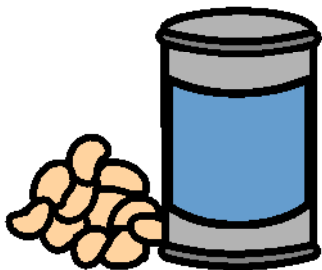
can opener



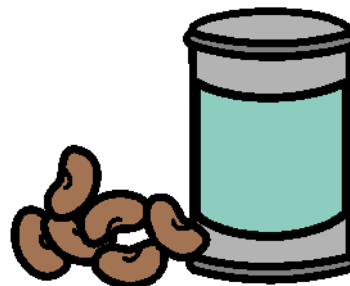
hamburger



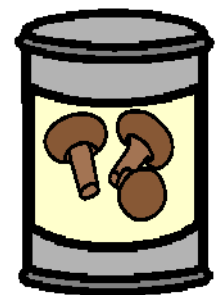
onion



brown beans



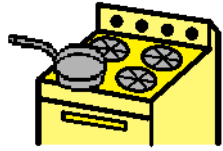
kidney beans



mushrooms

# Chili

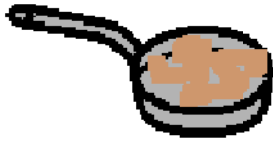
1. Put frying pan on medium heat



2. Add hamburger meat



3. Cook until brown



4. Chop onion



and add to hamburger



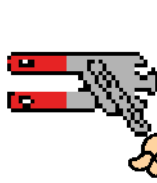
5. Open and add kidney beans



kidney beans



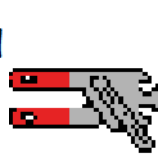
6. Open and add brown beans



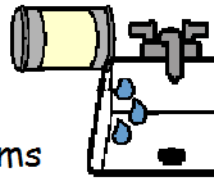
brown beans



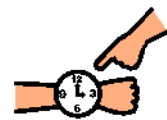
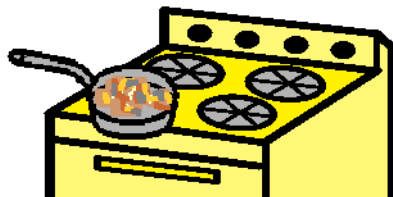
7. Open, drain and add mushrooms



mushrooms



8. Stir and heat



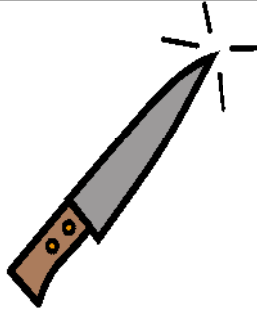
15 minutes

9. Put in bowl and serve

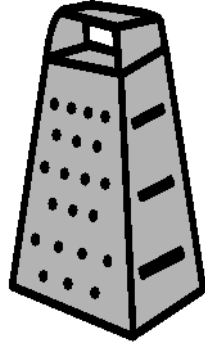


# Pizza Buns

## You will need:



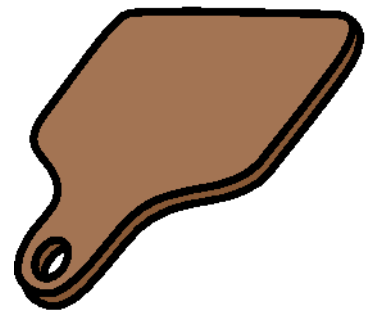
sharp knife



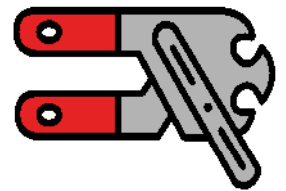
cheese grater



knife



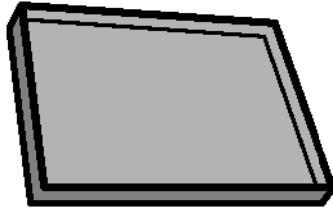
cutting board



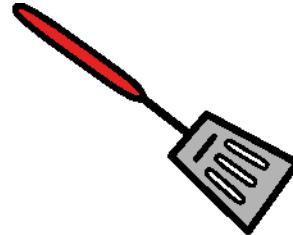
can opener



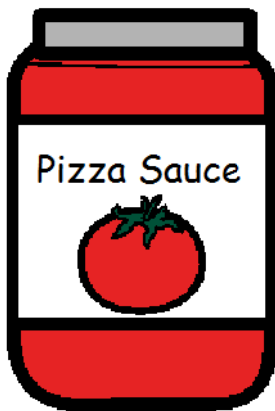
plate



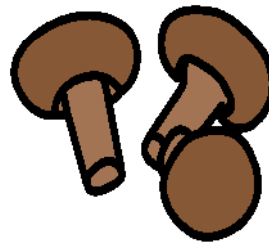
cookie sheet



spatula



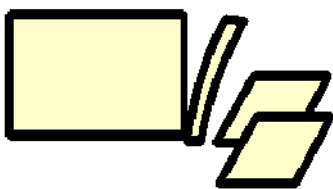
pizza sauce



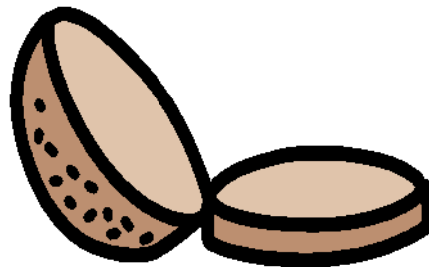
mushrooms



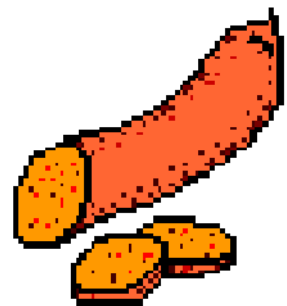
pineapple



mozzarella cheese



bun



pepperoni

# Pizza Buns

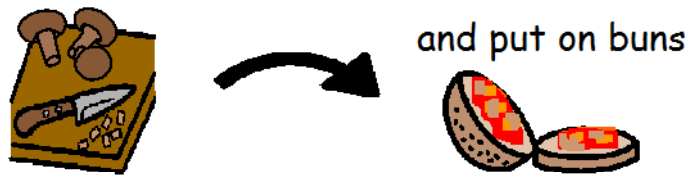
1. Spread pizza sauce on buns



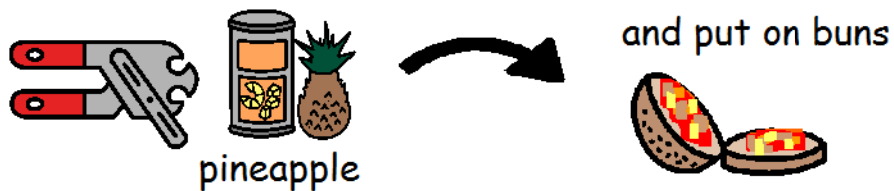
2. Cut pepperoni



3. Cut mushrooms



4. Open pineapple



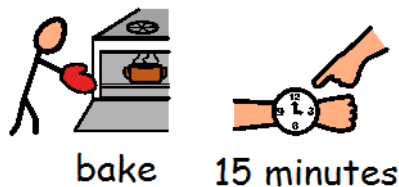
5. Grate cheese



6. Put on cookie sheet



7. Bake in oven for 15 minutes at 350 °F

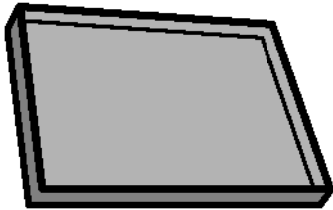


8. Put on plate and serve

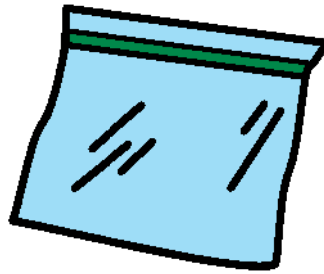


# Shake and Bake Chicken

## You will need:



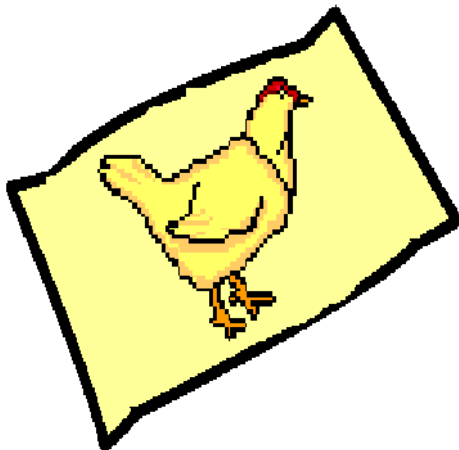
baking sheet



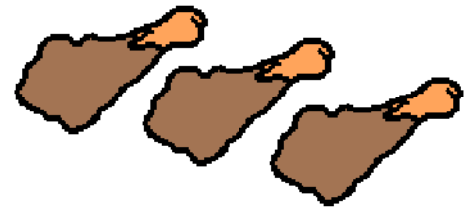
large baggie



plate



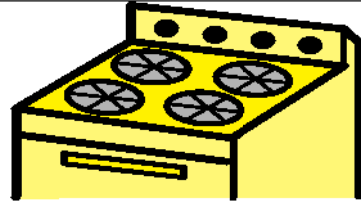
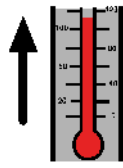
Baked Chicken Mix



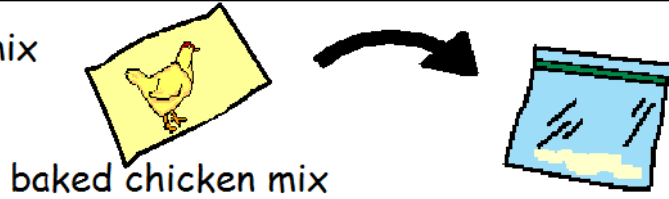
chicken drumsticks

# Shake and Bake Chicken

1. Preheat oven to 400<sup>0</sup>F



2. Put coating mix in baggie



3. Put 1 piece of chicken at a time in baggie

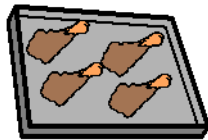


drumstick

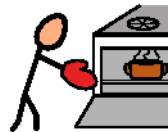
4. Shake



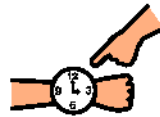
5. Put chicken on baking sheet



6. Bake in oven for 40 minutes



bake



40 minutes

7. Make garden salad or greek salad (See Salads & Soups)

8. Put chicken and salad on plate and serve

