

Sheet1

CATEGORY\DESCRIPT,C,28	CONTRIB,C,24	SEQTY,MEA_(PRE_01,ING_01,C,15	QT
Main Dish Pork Chop Casserole	Maureen Baird	6 4 med potatos	1
Main Dish Hamburger Stroganoff	Lori Pierce	4 1/2 cup minced onion	1
Pudding Cloud Pudding	Carma Woolstenhulme	6 1 8 oz. Carton Whipped Topping	1

Sheet1

MEA_02PRE_02ING_02,C,15	QTY	MEA_(PRE_02ING_03,	QT	MEA_0PRE_04,CING_04,C,15	QT	ME,
med sliced onion	1	fresh sliced	tomato	1 10 oz	cream of mushroom soup	6
clove garlic	1/4	cup	butter	1 lb	ground beef	2 tb
12 oz. Carton Cottage Cheese	1	3 oz. Pkg	Jello	1 cup	crushed Pineapple	

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PRE_05,C,8	ING_05,C,15QTMEA_0	PRE_06,C,8	ING_06,C,15QTME	PRE_07,ING_07,C,15	QTY,ME,
	pork chops	10 oz	water	salt & pepper	
	flour	1 cup	sour cream	1 ts minced parsley	1/4 ts

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PRE_08,C,8	ING_08,C,15	QTME.PRE_09,C,8	ING_09,C,15	QTMEA_PRE_10,C,15
	parsley flakes			
	pepper	1 lb	mushrooms	1 can cream of mushroom soup

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QTY_11,C,5 MEA_11,C,8 PRE_11,ING_11,C,QTY_12,C,5 MEA_12,C,8 PRE_12,C,8 ING_12,C,15

boiled noodles

Sheet1

QTY_13,C,5 MEA_13,C,8 PRE_13,C,8 ING_13,C,15 QTY_14,C,5 MEA_14,C,8 PRE_14,C,8

Sheet1

ING_14,C,15 QTY_15,C,5 MEA_15,C,8 PRE_15,C,8 ING_15,C,15 QTY_16,C,5 MEA_16,C,8

PRE_16,C,8	ING_16,C,15	DIRECTION,M	SELECTED,C,1
			X
			X
			X