

Sheet1

| ING_QUA | UNIT,C,13 | INGRED,C,30 |
|---------|-----------|---|
| 1 | 1 | tablespoon(s) vegetable oil |
| 1 | 1 | pound(s) skinless chicken breast/strips |
| 1 | 1 | whole small onion |
| 1 | 1 | whole medium green or red pepper |
| 1 | 1 | can(s) Campbell's cream or broc. soup |
| 1 | 3 | tablespoon(s) water |
| 1 | 1 | tablespoon(s) soy sauce |
| 1 | 1 | package(s) hot cooked rice |
| 2 | 2 | tablespoon(s) Margarine |
| 2 | 1 | whole Small onion sliced |
| 2 | 1 | can(s) Broccoli Cheese Soup |
| 2 | 1/3 | cup(s) Milk |
| 2 | 1/8 | teaspoon(s) Pepper |
| 2 | 4 | whole Medium Potatoes cooked & slice |
| 3 | 2 | tablespoon(s) Margarine |
| 3 | 4 | whole Skin/boneless chicken breasts |
| 3 | 1 | cup(s) Broccoli (cut up) |
| 3 | 1/2 | cup(s) Carrots thinly sliced |
| 3 | 1 | cup(s) Sliced Mushrooms |
| 3 | 1 | can(s) Cream of broccoli soup |
| 3 | 1/3 | cup(s) Milk |
| 3 | 1/8 | teaspoon(s) Pepper |
| 4 | 3/4 | pound(s) Boneless beef sirloin steak |
| 4 | 1 | tablespoon(s) Vegetable oil |
| 4 | 1 | whole Clove of garlic, minced |
| 4 | 1 | whole Medium onion, wedged |
| 4 | 1 | can(s) Cream of broccoli soup |
| 4 | 1/4 | cup(s) Water |
| 4 | 1 | tablespoon(s) Soy sauce |
| 4 | 2 | cup(s) Broccoli flowerets |
| 4 | 1 | package(s) noodles (cooked and hot) |
| 5 | 1 | tablespoon(s) Margarine |
| 5 | 4 | whole Skin/boneless chicken breasts |
| 5 | 1 | can(s) Broccoli Cheese Soup |
| 5 | 1/3 | cup(s) Water |
| 5 | 1/8 | teaspoon(s) Pepper |
| 5 | 2 | cup(s) Broccoli Flowerets |
| 6 | 1 | package(s) 10 OZ Frozen Chopped Spinich |
| 6 | 1 | package(s) 10 OZ Sweet Corn |
| 6 | 1 | package(s) 15 OZ Ricotta Cheese |
| 6 | 1 | whole Egg |
| 6 | 6 | whole Flour Tortillas (8 inch) |
| 6 | 1 | can(s) 14 OZ Stewed Tomatoes, Chopped |
| 6 | 1 | can(s) 8 OZ Tomato Sauce |
| 6 | 1 | teaspoon(s) Dried Basil Leaves |
| 6 | 1/4 | cup(s) Kraft Shredded Parmesan Cheese |