

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