

Sheet1

RNLNAME,C,40	KING,C,30
1 MICROWAVE RICE, WHITE & WILD MIXES	rice/butter/salt/water
2 RICE BLENDS (FLAVORINGS)	various spices/bouillon
3 RICE PILAF (MICROWAVE)	rice/stock/mushrooms/onion
4 RICE, LONG-COOKING (MICROWAVE)	rice/water/butter/salt
5 GRILLED DELTA PRIDE CATFISH FILLETS	fish/sour cream/mustard
6 CRAWFISH SALAD W/MUSTARD & DILL DRESSING	crawfish/tomato/mustard
7 SKYLINE CHILI	beef/onion/tomato
8 TIMOTHY'S WHITE CHILI	beans/chicken/cheese/cream
9 HOMEMAKER'S HOLIDAY CASSEROLE	pasta/soup/cheese/meat
10 RICE WITH FRUIT SALAD	rice/pecans/orange/melon
11 POPPY SEED DRESSING	poppy seeds/onion/vinegar
12 VEAL PARMESAN WITH PROCIUTTO	veal/wine/prosciutto/cheese
13 BRAISED CHICKEN AND ONIONS 3 WAYS	chicken/wine/onion
14 DELUXE STUFFED PORK CHOP	pork/bread/egg/onion
15 CREATE-YOUR-OWN-ONE-BOWL SOUPS	stock/meat/starch/veggies
16 BATTER-FRIED EGGPLANT	eggplant/lemon/egg/milk
17 QUICK LEMON-APPLE TURNOVER	frozen turnovers/lemon
18 MINTED PEARS	pears/creme de menthe
19 BEEF KABOBS	beef/soy/tomato/mushrooms
20 THE WINDY CITY WEINER	hot dog/tomato/onion/pickles
21 THE BLUE CHEESE & BACON HOT DOG	hot dog/cheese/bacon/lettuce
22 THE FIERY FRANK	hot dog/jalapeno/cheese/corn
23 SASSY SALSA	tomato/onion/horseradish
24 REVVED-UP RELISH	cucumber/onion/vinegar
25 CHAMPION CHILI-CHEESE DOG	beef/root beer/hot dogs
26 TORTILLA DOG	hot dogs/tortillas
27 TENDERIZING MARINADE FOR BEEF	oil/soy/bourbon/vinegar
28 CHICKEN MARINADES	various
29 LEMON TURKEY PATTIES	turkey/crumbs/lemon/cheese
30 QUICK CHICKEN STEW	chicken/potatoes/carrots
31 CHICKEN-VEGETABLE SAUTE W/PEANUT SAUCE	chicken/broccoli/teriyaki
32 COLD & CREAMY BROCCOLI SOUP W/CRUTONS	broccoli/mushrooms/cream
33 CURRIED CHICKEN SALAD	chicken/pepper/peanuts/mayo
34 TURKEY SAUTE MARENGO	turkey/wine/mushrooms
35 MURRAY'S GIRLFRIEND'S CINCINNATI CHILI	beef/bay/chili/tomato/beans
36 BAKED ORANGE ROUGHY	fish/crumbs/lemon
37 BAKED TOMATO SPAGHETTI	pasta/tomato/cheese
38 CAJUN CRAWFISH CORNBREAD	cornmeal/eggs/cheese/fish
39 CAJUN BBQ SHRIMP	shrimp/garlic/buttter/spice
40 CALIFORNIA BEEF TIPS	beef/soy/bourbon/jelly
41 SHIRL'S SALSA '89	tomato/jalapeno/avocado
42 CURRIED CHICKEN SALAD PLATTER	chicken/potato/mayo
43 CHEESE STUFFED CHICKEN W/BACON	chicken/bacon/cheese
44 CHICKEN CONGEE (JOOK)	chicken/rice/soy/tofu
45 CHICKEN PAPRIKASH	chicken/pepper/tomato/onion
46 SPAETZLE	flour/egg/milk
47 CHICKEN SCAMPI	chicken/wine/garlic/lemon
48 CLARIFIED BUTTER	butter

Sheet1

49 ROACH (POEM - TEXT)  
50 MICROWAVE RICE

none  
rice/butter/salt



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