

## One Dish Meals for Emergencies

### One Dish Chicken Stew

- 2 tablespoons oil
- 4 chicken breasts with ribs, skinless (about 1 1/2 pounds total)
- 1 (14 1/2-ounce) can chopped tomatoes
- 1 (8-ounce) can tomato sauce
- 1 (14-ounce) can chicken broth or 1 bouillon cube and 1 1/2 cups water
- 1 teaspoon basil leaves
- 1 bay leaf
- 1/2 teaspoon celery salt
- 1 teaspoon onion flakes
- Salt and freshly ground black pepper
- 1/2 teaspoon dried thyme leaves
- 1 1/2 cup frozen vegetable mix (cauliflower, carrot, peas or any other mixture available)
- 1 (15-ounce) can kidney beans, drained and rinsed

Heat the oil in a heavy 5 1/2-quart saucepan over medium heat. Add chicken, sauté about 5 minutes. Stir in the tomatoes with their juices, chicken broth, basil, bay leaf, celery salt, onion flakes and thyme. Add the vegetables, press to submerge. Season with salt and pepper to taste. Add the kidney beans to the pot. Bring the cooking liquid to a simmer. Simmer gently uncovered until the chicken is cooked through, turning the chicken breasts over once.

Ladle the stew into serving bowls and serve with bread. Serves 6

**Nutrition Facts:** Serving size 409g (14.4 oz), Amount Per Serving: Calories 531, Calories from fat 90, Total fat 10.0g, Saturated fat 2.0g, Cholesterol 97mg, Sodium 522mg, Total Carbohydrates 54.7g, Dietary Fiber 14.2g, Sugars 6.6g, Protein 55.3g, Vitamin A 54%, Vitamin C 27%, Calcium 10%, Iron 40% (based on a 2,000 calorie diet). Nutrition Grade A

### One Dish Taco Soup

- 2 pounds ground beef
- 1 cup diced onions (if available) or use 2 teaspoon dried onion powder
- 3 garlic cloves, chopped, or 1 teaspoon garlic powder
- 2 (15 1/2-ounce) cans pinto beans or black beans
- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 1/2-ounce) can Mexican-style stewed tomatoes
- 1 (14 1/2-ounce) can diced tomatoes
- 2 (4 1/2-ounce) cans diced green chilies
- 1 (1 1/4-ounce) package taco seasoning mix
- Large bag of corn chips, for serving
- 8 ounce grated cheddar cheese, for garnish
- Pickled jalapenos, for garnish

In a skillet or pot, brown the onions (if using fresh). Add garlic and ground beef. Brown the meat. Add beans, corn, tomatoes, green chilies and taco seasoning. Simmer over low heat about 15 minutes. To serve, place a few corn chips in each bowl and ladle soup over them. Top with cheese and jalapenos. Serves 12

**Nutrition Facts:** Serving size 320g (11.2 oz); Amount Per Serving: Calories 669, Calories from fat 159, Total fat 17.7g, Saturated fat 6.8g, Cholesterol 87mg, Sodium 568mg, Total carbohydrates 82.4g, Dietary fiber 20.2g, Sugars 13.9g, Protein 48.4g, Vitamin A 130%, Vitamin C 39%, Calcium 27%, Iron 47% (based on a 2,000 calorie diet). Nutrition Grade A

### One Dish Pork Chops

- 1 tablespoon oil
- 4 pork chops, trimmed
- 1 onion, sliced or 1 teaspoon onion flakes
- 1 bell pepper, sliced
- 1 small eggplant (if available)
- 1 cup frozen corn or 1 can of corn, drained and rinsed
- 2 zucchini, chopped (or other vegetables available)
- 1 cup rice
- 1 cup water
- 1 (14-ounce) can of green enchilada sauce

Heat the oil in a pot. Add the sliced onion, bell pepper and pork chops. (Add eggplant if available, to brown with meat). Brown until onion is translucent and pork chops are evenly browned. Add corn, rice, water and green enchilada sauce. Cover and cook until done. Serves 4.

**Nutrition Facts:** Serving size 611g (21.5 oz), Amount Per Serving: Calories 589, Calories from fat 236, Total fat 26.2g, Saturated fat 8.1g, Cholesterol 69mg, Sodium 826mg, Total carbohydrates 63.7g, Dietary fiber 8.5g, Sugars 9.3g, Protein 25.8g, Vitamin A 77%, Vitamin C 112%, Calcium 9%, Iron 22% (based on a 2,000 calorie diet). Nutrition Grade B+

## One Dish Beef Stew

1 tablespoon all-purpose flour  
2 pounds beef stew meat, cut into 1-inch cubes  
1 tablespoon oil  
1 medium yellow onion, cut into medium dice, or 1  
teaspoon onion flakes  
½ teaspoon black peppercorns  
½ teaspoon white peppercorns  
½ teaspoon celery salt  
1 tablespoon chopped garlic, or ½ teaspoon dried garlic  
powder  
1 bay leaf  
½ teaspoon chopped thyme leaves  
½ teaspoon chopped rosemary leaves  
2 tablespoons chopped fresh parsley leaves or 1 teaspoon  
dried parsley  
2 ½ cups beef broth, or 1 bouillon cube and 1 ½ cup water  
2 large potatoes, peeled and chopped bite-size  
2 large carrots, peeled and chopped bite-size  
2 cups frozen vegetable mixture

Combine flour and beef cubes in a bowl. Toss to coat well. Pour the oil to a skillet or stew pot and heat over medium-high heat until hot. Add the meat and brown, turning occasionally, until evenly brown, about 5 minutes. Push the meat to one side, add the onion and garlic, continue browning until onion is translucent, about 3 minutes. Add the peppercorns, celery salt, bay leaf, thyme, rosemary, parsley and broth. Cover and cook for 30 minutes, turning down to simmer.

Add the potatoes, parsley, carrots and cook about 20 minutes. Add frozen vegetables, stir well, and cook an additional 5 minutes. Serves 6.

**Nutrition Facts:** Serving size 483g (17 oz), Amount Per Serving: Calories 467, Calories from fat 113, Total fat 12.5g, Saturated fat 4.2g, Cholesterol 135mg, Sodium 465mg, Total carbohydrates 33.4g, Dietary fiber 6.8g, Sugars 5.5g, Protein 52.4g, Vitamin A 133%, Vitamin C 50%, Calcium 7%, Iron 38% (based on a 2,000 calorie diet). Nutrition Grade A

## One Dish Shrimp Bake

1/3 stick butter  
1 medium onion, chopped  
1 green pepper, chopped  
2 ribs celery, chopped  
3 cloves garlic chopped or 1 teaspoon garlic flakes  
2 cups instant rice  
1 (14.5-ounce) can chopped tomatoes  
1 (8-ounce) can tomato sauce  
2 pounds fresh shrimp, shelled and deveined  
1 teaspoon black pepper  
½ teaspoon salt

Sauté onion, green pepper and celery in butter until soft (about 10 minutes). Add garlic, stir for 3 minutes. Add instant rice, water, tomato sauce and spices shrimp and simmer all together until done. Serves 6.

**Nutrition Facts:** Serving size 372g (13.1 oz), Amount Per Serving: Calories 457, Calories from fat 67, Total fat 7.4g, Saturated fat 3.8g, Cholesterol 308mg, Sodium 779mg, Total carbohydrates 57.5g, Dietary fiber 3.1g, Sugars 4.9g, Protein 37.7g, Vitamin A 26%, Vitamin C 54%, Calcium 10%, Iron 45% (based on a 2,000 calorie diet). Nutrition Grade A-

## One Dish Tilapia Bake

2 tablespoons vegetable oil  
6 fillets tilapia or catfish  
4 large carrots, grated  
1 cup frozen peas  
1 red pepper, chopped  
5 cups stuffing mix (cornbread, traditional or with herbs)  
2 cups chicken stock  
1 egg  
2 teaspoons poultry seasoning  
1 teaspoon thyme  
Salt & pepper  
3 tablespoons butter

Pour oil in a skillet. Add grated carrots and peas; sauté until wilted. Blend stock and egg together well. Add a pinch of pepper and 1 teaspoon of thyme. Pour stock over stuffing mix, add cooked carrots, blend to moisten. Place half of the stuffing mix in a skillet. Layer the tilapia fillets over the stuffing in the baking dish; sprinkle with poultry seasoning, salt and pepper. Layer the other half of the stuffing mix on top of the fish. Dot with butter. Cover with heavy lid. Cook over low heat until fish is done, about 20 minutes. Be careful not to burn. Serves 6.

**Nutrition Facts:** Serving size 366g (12.9 oz), Amount Per Serving: Calories 345, Calories from fat 122, Total fat 13.6g, Saturated fat 2.5g, Cholesterol 75mg, Sodium 617mg, Total carbohydrates 24.9g, Dietary fiber 4.0g, Sugars 5.9g, Protein 29.4g, Vitamin A 186%, Vitamin C 54%, Calcium 9%, Iron 18% (based on a 2,000 calorie diet). Nutrition Grade A

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