



Island Harvest
Fighting Hunger. Touching Lives.

Harvest News You Can Use

Microwave Cooking: Easy One Bowl Recipes

Pollo con Habichuelas

- 1 can minced chicken**
- 1 small chopped onion**
- 2 teaspoon chili powder (optional)**
- 1/2 tsp black pepper**
- 1/4 tsp salt**
- 1 can whole tomato**
- 1 can kidney beans**
- Cheddar cheese**

Place chicken in a microwavable dish. Cover and microwave for two minutes. Stir in remaining ingredients, except beans and cheese, cover with tomatoes. Cover and microwave until onions are cooked about four to five minutes. Stir in beans. Cover and microwave until hot, about three minutes. Sprinkle with shredded cheddar cheese.

Mini - Chicken Loaf

- 1 can minced chicken**
- 1/4 cup oatmeal**
- 1/2 cup shredded cheese**
- 1/4 cup milk**
- 1 small onion**
- 1/4 tsp salt**

Mix all ingredients together; shape into loaves. Place on a rack in microwavable container. Cover with wax paper and microwave for three minutes. Rotate dish and microwave for three minutes. Let it stand covered for three minutes.

Beef Stew

- 1 can beef stew meat**
- 2 onions, diced**
- 1 large stalk celery, minced**
- 1 can carrots, finely chopped**
- 1 can green beans**
- 3 potatoes, peeled and diced**
- 1 can crushed tomatoes**
- 1 (8 ounce) can tomato sauce**

1/2 tsp ground black pepper

In a microwavable container, combine beef, onions, celery, carrots, green beans, and potatoes. Pour in the tomatoes and microwave for three minutes. Remove and stir. Microwave for an additional three minutes.

Meatballs

**1 can beef, drained
2 cups rice cereal
1/3 cup evaporated milk
1 small onion
2 eggs
Salt and pepper to taste**

Chop meat into small pieces and mix in the remaining ingredients. Shape into meatballs. Place on microwavable dish and cover. Microwave for 5 minutes. Remove cool and serve.

Scrambled Eggs

**2 eggs
2 Tbsp milk
1 Tbsp margarine
Salt & pepper to taste**

Using a microwavable safe dish container, beat eggs well & add remaining ingredients, mixing well. Cook 1 1/2 to 2 minutes stirring once halfway through cooking time.

Macaroni and Cheese

**1 cup uncooked macaroni
1 cup hot water
1 small onion
2 Tbsp margarine
1/4 tsp salt
1 cup shredded American cheese
2/3 cup milk
2 Tbsp flour**

Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes; stir. Cover and microwave for three minutes longer. Stir in the remaining ingredients. Cover and microwave, stir every minute, for four minutes.

Macaroni Casserole

**1 cup uncooked macaroni
1 can tuna, drained
1 can green peas
1 cup hot water
1 small onion
2 Tbsp margarine
1/4 tsp salt**

**2/3 cup milk
2 Tbsp flour
1 cup shredded American cheese**

Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes; stir. Cover and microwave for three minutes longer. Add cheese and tuna. Microwave and stir for three minutes. Remove and stir in green peas and micro for 1 minute.

Variation: add diced cheese, green peas and mayonnaise to macaroni and serve cold.

**Fluffy Rice
1/2 cup uncooked rice
1 cup water
1/2 tsp salt
2 tsp margarine**

Place all ingredients in a large microwavable container. Cover and cook for about 20 minutes. Let it stand for five minutes and fluff. Variation: add green peas, vegetarian beans.

**Easy Fried Rice
1 egg
1 small onion, diced
1 stalk scallion
1 1/2 cups cooked from Fluffy Rice
1 tsp soy sauce**

Beat egg in a greased microwavable container. Stir in onion and scallion. Microwave until egg is almost set, about 1 minute. Stir in remaining ingredients. Microwave uncovered until rice is hot, about two minutes.

Variation: add green peas

**Vegetable Lo Mein
1/4 package spaghetti
1/2 can green peas, drained
1 Tbsp oil
1/2 can carrots
1/3 cup soy sauce
1 tsp garlic powder
2 cups water**

Place spaghetti with water in a large microwavable container. Cover with vented cover and microwave for three minutes; stir. Cover and microwave for three minutes longer. Drain and mix in oil. Microwave for 1 minute. Add remaining ingredients and microwave for an additional minute.

Variation: add tomato sauce to spaghetti

Glazed Sweet Potato
1 can sweet potatoes
1/4 cup pineapple juice
1/4 cup sugar
1 cup mini marshmallows
1/4 tsp cinnamon
1/4 cup honey
1/4 cup raisins

Chop sweet potato into chunks. Arrange in a microwavable dish. Mix remaining ingredients in a bowl. Pour over sweet potatoes. Microwave for five minutes. Remove, cool and serve.

Mashed Potatoes Salad
1 cup instant potato flakes
1 cup dry milk powder
1 1/2 cups water
5 Tbsp mayonnaise
2 Tbsp chopped onion
2 Tbsp celery
2 Tbsp pickled relish

Heat water in microwave. In a large bowl combine milk powder with water. Add potato flakes. Add remaining ingredients and mix well. Chill and serve cold.

Variation: add corn or green peas

Cream of Spinach
1 can spinach
2 Tbsp butter
1 Tbsp flour
1/2 can evaporated milk
1 small chopped onion
2 Tbsp water
Salt and pepper to taste

Place water and onion in microwavable container and microwave for one minute. Add remaining ingredients and crush with fork. Microwave for three minutes.

Glazed Carrots
1 can cut carrots
2 tsp water
2 tsp margarine
1/8 tsp salt
1/4 cup sugar

Place carrots and water in a microwavable container. Cover and microwave for 3 minutes, drain. Stir in sugar and microwave for one minute.

Buttered Broccoli

**3 cups broccoli flowerets
1 Tbsp water
1 tsp margarine**

Place broccoli in a microwavable container. Cover tightly and microwave until tender, about 4 minutes; drain. Stir in margarine.

Carrot and Broccoli Salad

**1/4 cup canned cut carrot
1 small onion
1 1/2 cups broccoli
3 Tbsp Italian dressing
2 lettuce leaves**

Place broccoli, carrots, onion and dressing in a bowl. Cover and refrigerate until chilled. Serve on lettuce leaves.

Chicken Soup

**1/4 cup celery
1/4 cup carrot
1 Tbsp margarine
1/2 can chopped chicken
1/2 can corn
2 cups hot water
1 packet chicken bullion**

Place celery, carrot and margarine in a microwavable container and microwave until vegetables are tender, about 3 minutes. Stir in chicken and remaining ingredients and microwave until boiling, about 5 minutes.

Cheese Soup

**1/4 cup water
2 Tbsp chopped celery
1 small onion, chopped
2 Tbsp margarine
2 Tbsp flour
1 cup milk
1 packet chicken bullion
1/4 cup shredded American cheese**

Place water, celery and onion in microwavable container. Cover and microwave until tender, about 2 minutes. Place margarine in a large microwavable container uncovered and melt about 1 minute. Mix in flour. Stir in celery and onion, milk, and bullion. Microwave until boiling, about 3 minutes. Stir in cheese. Microwave for 1 minute to melt cheese; stir.

Creamy Tomato Soup

2 1/2 cups tomato juice

**1 can creamed corn
1 cup evaporated milk
1 small chopped onion 1 cup water**

In a microwavable container cook onions in 2 tbsp water for 1 minute. Add tomato juice, milk, and creamed corn. Microwave for three minutes, remove and stir. Microwave for an additional three minutes, remove stir and serve.

**Creamy Corn Chowder
1 can sliced potatoes, drained
1 can creamed corn
1 can evaporated milk
1 small chopped onion
1 cup water
Salt and pepper to taste**

In a large microwavable container cut potatoes into small pieces. Add all other ingredients to container and microwave for three minutes. Remove and stir, heat for an additional three minutes. Remove stir and serve.

**Raisin Spice Drops
1/2 cup butter or margarine
1 cup brown sugar, firmly packed
1 egg, beaten
1/4 cup milk
2 1/2 cups all purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 cup raisins**

Put butter in microwavable container. Cook for 45 seconds, or until melted. Add sugar, egg, and milk to butter. Blend well. Add remaining ingredients. Mix. Take a piece of cardboard, approximately 11 by 14 inches. Cover with wax paper. Drop 16 rounded teaspoons of batter on waxed paper. Cook 3 minutes, or until cookies are done. Rotate cardboard one half turn during cooking time. Remove cookies to cooling rack. Repeat with remaining batter.

**Raisin Bread Pudding
1 Tbsp margarine
3/4 cup milk
1 egg, beaten
2 Tbsp sugar
1/4 tsp vanilla
2 slices bread, cut in cubes
2 Tbsp raisins**

Place margarine in a microwavable container. Microwave uncovered for thirty seconds. Mix in milk, egg, sugar, raisin and vanilla with fork. Stir in bread. Spoon into greased microwavable container. Microwave for four minutes. Rotate and microwave for four minutes longer.

Rice Pudding

**2 cups cooked rice
1 can evaporated milk
1/3 cup white sugar
1/4 teaspoon salt
1 egg, beaten
2/3 cup golden raisins
1 tablespoon margarine
1/2 teaspoon vanilla**

In a microwavable container mix rice, 1/2 can milk, sugar and salt. Heat until thick and creamy, about three minutes. Stir in remaining 1/2 can milk, beaten egg and raisins. Microwave 1 minutes more. Remove, stir in butter and vanilla. Serve warm.