

2012



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods
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COOK BOOK
RECIPES FROM
THE BLOGGERS

HEB.COM/MEALS

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EVIN COOPER

Evin is a stay-at-home mom of three living in Central Texas. She loves to cook and create recipes, winging it along the way. She may be klutzy, but instead of letting it get her down, she blogs about it!



MEAL MAKER CHALLENGE

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RECIPE 1

EGGY PIZZA POPS



DIRECTIONS

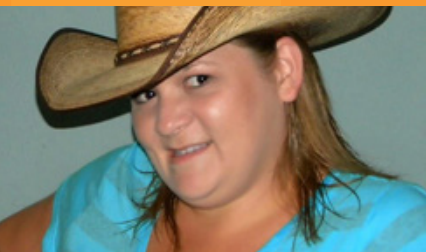
30 MINUTES OR LESS

INGREDIENTS

- 2 cups Egg Beaters
- 2 tsp. Italian seasoning
- ¼ cup Parmesan cheese
- 1 sleeve H-E-B buttery round crackers
- 1 package H-E-B pepperoni
- 1 package H-E-B pizza cheese
- 1 can H-E-B pizza sauce
- 1 package lollipop sticks

- 1 Preheat oven to 350°F. Spray the top and cups in a mini-muffin tin very well.
- 2 Beat the Egg Beaters with the Italian seasoning and the Parmesan cheese.

Into each mini-muffin cup, crush 1 cracker. (Just break it and mash it down with your fingers, it doesn't have to be perfect. You want a little texture to it, so don't crush it too finely.) Cut 24 pepperoni slices into quarters and press set 4 quarters on top of the cracker crumbs in each cup. Top each cup with a little cheese.
- 3 Pour the Egg Beaters mixture into each cup. Tip: The reason you're cutting the pepperoni is so that the Egg Beaters soak down all the way to the crackers. A whole piece of pepperoni will form a "dam" and prevent that. When you add the Egg Beaters mixture to the pan, it might take a minute for it all to soak down, so let it soak in and then add more if you need to. You want to fill it to the top of the cup.
- 4 Bake the pops for 15 minutes, until they're puffed up and cooked through.
- 5 Remove them from the oven and add the lollipop sticks immediately. After the sticks are added, run a sharp knife around the edges of each cup and let them sit for 5 minutes before removing them from the pan.
- 6 Warm the pizza sauce in a glass bowl in the microwave.
- 7 Serve the pops with the sauce for dipping!



BY: KRISTI REDDELL

Kristi is the mastermind behind Moms Confession where she confesses life's happiness and blunders all while staying sane with two pre-teen boys. Life in her house is hectic, but she wouldn't change it for the world. What's a life without a dull moment?



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RECIPE 2

EASY OMELET MUFFINS



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 2 cups Egg Beaters
- 3 slices deli thin ham
- 1 slice cheese
- 1 tsp. Slap Ya Mama Seasoning
- Non-stick Cooking Spray
- *optional: pinch of bell pepper and onions

- 1 Preheat oven to 350°F.
- 2 Pour Egg Beaters into measuring cup.
- 3 Chop ham and cheese into small diced pieces (if using onion and bell pepper also, dice these as well).
- 4 Add Slap Ya Mama Seasoning along with the ham & cheese into mix.
- 5 Spray muffin pan with non-stick cooking spray.
- 6 Stir mixture with a fork and pour into muffin pan.
- 7 Place muffin pan into oven and cook for 15 - 18 minutes.
- 8 Once egg muffin omelets are done, immediately turn over muffin pan to remove the omelets from the pan.



BY: BRENDA THOMPSON

Brenda is a stay-at-home mom and also a freelance writer, blogger and meal planning enthusiast. She likes to make crafty projects or scrapbook, take pictures, spend time with her family and of course spend time in the kitchen!



MEAL MAKER CHALLENGE

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RECIPE 3

MAKE-IT-YOUR-OWN MINI QUICHES WITH EGG BEATERS



DIRECTIONS

30 MINUTES OR LESS

- 1 Heat oven to 400°F. Spray bottoms of 12 cup muffin tin with non-stick spray. Bring pie crusts to room temperature. Roll out pie crusts onto cutting board. Using a 3-inch round cookie cutter, cut out rounds from crust. Place each round in well of muffin tin and press into tin. You will have some overlapping edges. Bake 4 - 5 minutes or until very lightly browned but not fully cooked. Reduce oven temperature to 350°F when crusts are out of oven.
- 2 Meanwhile, mix Egg Beaters and milk together in medium bowl and set aside. Once crusts are out of the oven, add 1 - 2 tablespoons of cheese to each cup. Then add up to 1 tablespoon bacon and/or vegetables to each cup, customizing to individual preferences. Pour egg mixture over top of other ingredients.
- 3 Bake for 8 - 10 minutes or until egg is set. Remove from cups and serve.

INGREDIENTS

- 1 ½ cups Egg Beaters
- 2/3 cup low-fat milk
- 2 cups shredded Monterey Jack cheese
- ½ cup cooked bacon, chopped
- 2 ready-made refrigerated pie crusts
- 2 cups mixed vegetables, finely chopped

TIPS:

Vegetables that work well in the quiches include: chopped baby spinach, broccoli, tomatoes, bell peppers, onions, etc.

I used a ladle to pour egg mixture into the cups.



BY: RACHEL MATTHEWS

Rachel is a southern belle and aspiring domestic darling who blogs about family, photography, relationships, parenting and cooking. She and her husband of 10+ years are enjoying raising their two children with good morals, good manners, open hearts and bright futures.



MEAL MAKER CHALLENGE

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RECIPE 4

EGG BEATERS INDIVIDUAL FRITTATAS



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 2 cups of Egg Beaters
- ¼ cup of diced tomatoes
- 3 mushrooms, chopped
- ¼ cup of mixed cheese
- ½ Tbsp. butter
- ½ cup fresh spinach, torn
- 2 stems green onions, chopped – only the green part
- Salt and Pepper to taste

1

Preheat oven to 400°F.

2

In a skillet over medium heat, melt the butter.

3

While the butter is melting, chop the mushrooms and add them to the butter; stirring occasionally – cook for about 5 minutes, or until the mushrooms begin to soften and brown slightly.

4

While the mushrooms are cooking, dice the tomatoes and chop the green onions.

5

Mix all the ingredients, except the Egg Beaters together and then divide the ingredients among all 4 ramekins.

6

Slowly pour the Egg Beaters into the ramekins and season with salt and pepper.

7

Bake in oven for about 20 minutes, or until the Egg Beaters are cooked to your liking.

Rachel's Notes:

Nathan and I like to add hot sauce to our frittatas for that extra kick. Serve with fresh fruit for a beautiful to look at and delicious to eat meal.



BY: **RACHEL LACY**

Rachel is a busy mommy of three children and the wife of a pure-bred Texas boy. As the author/owner of Following in My Shoes, she uses her humor and love of photography to blog about mommyhood, family-friendly food and life in Texas.



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RECIPE 5

ROSEMARY-OLIVE OIL CIABATTA EGG SANDWICHES



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 8 oz. carton Egg Beaters (Original)
- Salt
- Pepper
- Non-stick Cooking Spray
- 6-8 slices of thick-cut Bacon
- 4 Ciabatta Rolls
- 2-3 Tbsp Extra-Virgin Olive Oil
- 3-4 Tbsp fresh, chopped Rosemary

- 1 Line baking pan or cookie sheet with parchment paper and carefully place strips of bacon on it, giving enough space so that slices aren't touching.
- 2 Place into a cold oven and turn oven to 425°F. Once oven reaches target temp, bacon will be done and can be removed and drained on paper towels.
- 3 While bacon cooks, heat a non-stick skillet or egg pan prepared with cooking spray over medium-low heat.
- 4 Pour in carton of Original Egg Beaters and season with a dash of salt and pepper. Do not stir or scramble.
- 5 Cook till set, flipping once to cook the other side.
- 6 While eggs are cooking, cut ciabatta rolls lengthwise and then place rolls onto a baking dish or pie pan.
- 7 Brush tops of each roll with olive oil and then sprinkle with salt and chopped rosemary.
- 8 After bacon has finished, put the pan of rolls into your oven and turn heat to broil. Watch carefully and remove after 1 - 3 minutes, taking care not to let rosemary burn.
- 9 Remove and cool.
- 10 Cut the Egg Beaters "omelet" into fourths and place one of the "fourths" onto bottom half of a rosemary-ciabatta roll.
- 11 Top with desired number of bacon slices.
- 12 Place top half of the roll onto the sandwich and serve.



BY: STEPHEN AMES

Stephen is the founder of The Spatula Dad, a place for fun, tasty, usually healthy eating choices...for both kids and adults. If you're searching for fun, informative, witty ways to cook for kids or adults, look no further – the Spatula Dad is here to help.



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RECIPE 6

OVEN-BAKED FRITTATA



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 4 oz. cup Egg Beaters
- 2 Eggs
- 8 oz. boneless petite ham steak (Diced into 1/4 inch chunks)
- 1 cup 2% milk shredded sharp cheddar cheese
- 1/4 cup fresh chives - diced
- 2/3 cup Half & Half

1

Preheat oven to 350°F. Apply non-stick cooking spray to 9-inch oven safe pie dish.

2

Place diced ham chunks into bottom of dish, then place shredded cheese over the ham. Next, add chives.

3

Whisk Egg Beaters and eggs for one minute. Add Half & Half and whisk for an additional 30 seconds.

4

Pour egg mixture over the ham, cheese and chives and bake on top rack of oven for 20 minutes or until frittata has set. After 20 minutes, test for doneness by inserting a knife in center of frittata and remove. The blade should be moist but not wet. If it's wet, bake for another 3 minutes.

5

Cut pie into 4 wedges and serve immediately. Accompany with French baguette and apple slices.



BY: HEATHER CALHOUN

Heather is a married, stay-at-home mother of two under the age of six, focused on helping you live well on less. Former chef turned blogger, Heather enjoys the challenges of balancing faith, family and frugality.



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RECIPE 7

FETA & SPINACH QUICHE



DIRECTIONS

30 MINUTES OR LESS

- 1 Sauté onions and beef in light olive oil or butter depending on preference.
- 2 Mix eggs and milk/cream.
- 3 Spread spinach, cheese and meat mix in bottom of pie shell.
- 4 Pour egg mix in shell.
- 5 Bake 25 - 30 minutes or until eggs are cooked thoroughly.

INGREDIENTS

- 1 ready to bake pie shell
- 3/4 cup Egg Beaters (I used the Southwest one.)
- 1/4 cup milk (or heavy cream if you like it richer)
- 1 cup feta cheese
- 1 cup spinach (if using frozen drain really well)
- 1/2 cup purple onion diced
- 1 cup diced beef (can be pre-cooked, if so obviously skip that part of step 1)



BY: CRYSTAL REAGAN

Crystal is the founder of Simply Being Mommy, a source for parenting advice and family-friendly recipes. She is a mother to three young children, resides in Texas and enjoys cooking, traveling and most of all being a mommy!



MEAL MAKER CHALLENGE

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RECIPE 8

MINI BARBEQUE MEATLOAF



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 2 pounds ground beef
- ¼ cup Egg Beaters
- 1 cup bread crumbs
- 1 tsp. minced garlic
- 1 tsp. seasoned salt
- 1 tsp. black pepper
- 1 cup barbeque sauce
- 2 Tbsp. Worcestershire sauce

1

Preheat oven to 450°F. In large bowl, combine ground beef and Egg Beaters with your hands. When well combined, add bread crumbs, minced garlic, seasoned salt and black pepper and continue to combine with your hands.

2

In a small bowl, combine barbeque sauce and Worcestershire sauce together. Pour half of the barbeque mix with beef mixture, and set other half to the side. With your hands, combine beef mixture with barbeque mixture.

3

In a greased muffin tin, fill each cup with the beef mixture. I found it easier to use an ice cream scoop to fill each cup. Make sure each cup is filled completely.

4

Spoon rest of the barbeque mixture over the top of each mini meatloaf. Bake for about 20 minutes or until cooked through completely (internal temperature should be 165°F.).



BY: **MARINA JOHN**

Marina is mommy to two darling “Energizer Bunnies” and married to her best friend. They are in no way affiliated to the Energizer Bunny of the battery fame, but her Energizer Bunnies have enough energy to put even ten of them to shame!



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RECIPE 9

HEARTY TEX-MEX WRAP



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 1/2 cups Egg Beaters (Original)
- 1 pound H-E-B Fajita Seasoned Boneless Skinless Chicken Breast- cubed, popcorn nugget size
- 6-8 large H-E-B Flour Tortillas
- 1 large Onion -chopped
- 1 large Pepper (I prefer the orange/yellow ones) - chopped. (I include the seeds to add additional spice but this is optional)
- Freshly Ground Pepper for seasoning
- 1 stick H-E-B salted butter for sautéing

1

Grab a skillet/frying pan and sauté the onions in 1/2-1 tablespoons. of butter (You can add more butter if you'd like. Personally I try to use as little butter as possible to keep it healthy.) When this begins to turn golden brown, add the cubed chicken pieces and sauté until cooked (takes about 10 - 12 minutes).

2

While chicken is being cooked, take a smaller frying pan, add 1/2 tablespoon of butter and scramble the Egg Beaters.

3

Generously season the scrambled eggs with pepper, based on taste (I don't add salt as we're using salted butter) and set aside when done.

4

When chicken cubes are close to being done (approximately 9 - 10 minutes into the cooking process), throw in peppers and sauté until chicken is well done.

5

Once chicken is cooked, gently mix in scramble eggs.

6

Now take a flour tortilla and place a generous serving of chicken-egg mix in the center, ensuring you make tiny folds on either side of tortilla to keep the stuffing in. (Refer to the photograph).

7

Roll tortilla from North to South and voilà, your Hearty Tex-Mex Wrap is ready! Enjoy!!



BY: **LISA STAUBER**

Lisa is a mother of nine children under the age of 12 and the founder of Milehimama. Follow the fun and adventures on her blog as she writes about everything from cooking for an army to the logistics of everyday life with a large family.



**MEAL
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RECIPE 10

CHILAQUILES BOWLS



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

2 packages H-E-B Bake Shop® Ready-to-Bake French Bread Rolls

1 can H-E-B petite diced tomatoes with chipotle

1 package (12 oz.) H-E-B frozen fajita vegetables with onions and peppers

1.5 cups Egg Beaters (All Natural Original)

1 package (8 oz.) H-E-B Mexican Blend shredded cheese

- 1 Preheat oven to 375°F, and prepare baking sheet with greased foil or parchment paper.
- 2 Heat diced tomatoes and frozen vegetables in a skillet until steaming, stirring occasionally.
- 3 While tomatoes are cooking, hollow out each ready to bake roll to create 12 small bread bowls, being careful not to pierce the bottom or tear the sides. Place carefully on prepared baking sheet.
- 4 Using a slotted spoon to drain extra juices, place approximately 1/4 cup of tomato pepper blend in each bread bowl.
- 5 Slowly pour 2 tablespoons of Egg Beaters over vegetables, allowing egg mixture to settle into nooks and crannies; top with cheese.
- 6 Bake 15 - 20 minutes at 375°F, until egg is set and cheese is melted.
- 7 Serve with fresh fruit or spicy black beans. Makes 12 chilaquiles bowls, serves 4.



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EVIN COOPER

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MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 1

SLOPPY DOGS



DIRECTIONS

30 MINUTES OR LESS

1

Preheat oven to 350°F. and line 9"x13" baking pan with foil and spray it well.

2

Slice the hot dogs into "coins" - if you'll have kids under 6 eating this meal, be safe and cut the coins into half moons. Empty the chili into a pot and stir the hot dog pieces into the chili, along with the mustard. Heat on medium heat until warmed through, about 5 - 8 minutes.

3

Ladle a scoop of the chili dog mixture into each of the twelve buns and set it in the foil lined pan. Top with cheese and bake for 5 - 10 minutes until the cheese is melted and the buns are warm.

INGREDIENTS

- 1 package Hebrew National Beef Franks
- 1 family size can Wolf Brand Chili
- 1 Tbsp. yellow mustard
- 1 package H-E-B Bake Shop® hot dog buns
- 1 package H-E-B shredded cheese



BY:KRISTI REDDELL

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MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 2

EASY PIGS IN A BLANKET WITH DIPPING SAUCE



DIRECTIONS

30 MINUTES OR LESS

- 1 Preheat oven to 350°F.
- 2 Open crescents and roll dough out on parchment paper.
- 3 Cut Hebrew National Beef Franks in half.
- 4 Place 1/2 frank onto crescent dough and roll to the end (starting at the wider end).
- 5 Place onto a baking sheet and cook for 12 - 15 minutes.
- 6 While the pigs in a blanket are cooking, get your small bowl and mix all other ingredients together into a sauce.
- 7 Once pigs in a blanket have finished baking, drizzle sauce over the top.

INGREDIENTS

- 1 package Hebrew National Beef Franks
- 2 H-E-B Flaky Butter Crescents
- 1/4 cup mayo
- 1/8 cup spicy brown mustard
- 1 1/2 tsp. Hidden Valley Ranch
- 1 1/2 tsp. yellow mustard
- 1/2 tsp. Slap Ya Mama Seasoning



BY: BRENDA THOMPSON

Brenda is a stay-at-home mom and also a freelance writer, blogger and meal planning enthusiast. She likes to make crafty projects or scrapbook, take pictures, spend time with her family and of course spend time in the kitchen!



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RECIPE 3

CORN CHOWDER WITH HEBREW NATIONAL HOT DOGS



DIRECTIONS

30 MINUTES OR LESS

1

Sauté onion in butter until tender and fragrant. Add potatoes, broth and corn. Bring to a boil.

2

Reduce heat; cover and simmer about 15 minutes until potatoes are tender. Whisk together flour and milk until smooth; gradually stir into broth and vegetable mixture. Cook and stir for 2 - 3 minutes until thickened. Be careful not to let it stick or burn to the bottom of the pan.

3

Stir in sliced hot dogs and salt and pepper. Serve immediately.

INGREDIENTS

- 1 Tbsp. butter
- 1 cup onion, chopped
- 1 cup low-sodium chicken broth
- 4 small potatoes, diced
- 2 cups low-fat milk
- 1/3 cup flour
- 2 cups fresh or frozen corn kernels
- 6 Hebrew National hot dogs, sliced into about 1/2 inch chunks
- Salt and pepper to taste, optional



BY: RACHEL MATTHEWS

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RECIPE 4

PIZZA DOG-ADILLAS



DIRECTIONS

30 MINUTES OR LESS

- 1 In medium skillet, melt $\frac{1}{4}$ tablespoon butter.
- 2 Preheat griddle to 375°F.
- 3 Cut both ends off 4 Hebrew National Beef hot dogs and then cut hot dogs into thin circles, put cut hot dog circles into the skillet and cook – stirring occasionally for about 7 or 8 minutes, until hot dogs are crispy and smell wonderful!
- 4 While hot dogs are cooking – spread pizza sauce onto one side of 8 tortillas, then sprinkle tortillas with cheese mixture.
- 5 Once hot dogs are cooked – remove them from the skillet and place them in a paper towel lined colander.
- 6 Spread hot dog slices around 4 of the sauce and cheese topped tortillas – top that tortilla with the other.
- 7 Place all 4 quesadillas on your griddle and cook about 4 to 5 minutes – or until tortilla is crispy and cheese is melted, flip and repeat on other side.
- 8 Remove from griddle when done and place on a cooling rack for a few minutes prior to cutting.
- 9 Slice into triangles or quesadilla ‘sticks’ – whichever your family prefers, and serve with extra pizza sauce or ranch for dipping.

INGREDIENTS

- 8 flour tortillas
- 1 small jar pizza sauce
- 4 Hebrew National Bun Size Beef Hot Dogs
- 2 cups pizza mix shredded cheese
(ie: Parmesan, Romano, Mozzarella mix)



BY: **RACHEL LACY**

Rachel is a busy mommy of three children and the wife of a pure-bred Texas boy. As the author/owner of Following in My Shoes, she uses her humor and love of photography to blog about mommyhood, family-friendly food and life in Texas.



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RECIPE 5

CHILI-CHEESE CORN DOG MUFFINS



DIRECTIONS

30 MINUTES OR LESS

- 1 Place ground meat in a large frying pan; cook until the meat is browned.
- 2 While meat is browning: In a large bowl, combine the corn muffin/bread mix, milk and stir until well combined.
- 3 Open Hot Dog package and cut hot dogs into thirds.
- 4 Line muffin pan with muffin liners and spray each with non-stick cooking spray.
- 5 After meat has finished cooking, drain or skim any grease off meat and then return mixture to the pan.
- 6 Add Chili seasoning packet plus ½ cup of water and simmer over low heat until the liquid has slightly reduced.
- 7 To Assemble Each Corn Dog Muffin: Into each prepared muffin liner/cup, fill half of muffin cup with corn muffin batter.
- 8 Next, place 1 cut hot dog (1/3 of a dog) vertically into batter so that it is "standing."
- 9 Fill top of the muffin cup with 1 - 2 tablespoons of the chili.
- 10 Top with 1 - 2 tablespoons of shredded Cheddar Cheese.
- 11 Place muffin pan into a preheated oven (according to corn muffin package instructions) and cook for 10 - 12 minutes. Remove and serve immediately.

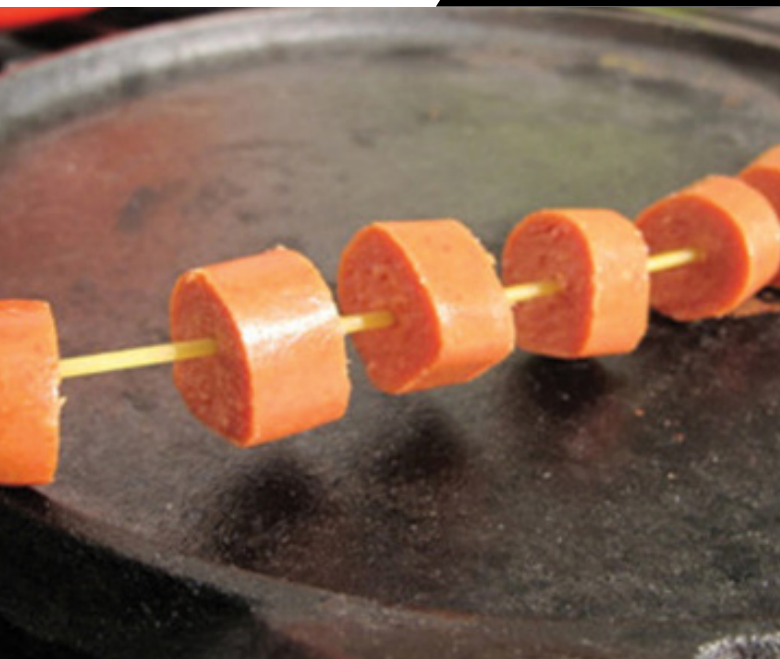
*If you have leftover chili already made, this recipe is a great way to repurpose it for a second meal. Simply use it to top the corn dog muffins and omit ground meat and chili seasoning packet.

INGREDIENTS

- 1 package of your favorite corn muffin/corn bread mix (A la "Jiffy")
- 1/3 cup Milk
- 1 egg
- 1 package of Hebrew National Hot Dogs
- 1 pound ground meat (beef, turkey, etc.)*
- 1 Chili Seasoning Packet
- Cheddar Cheese
- ½ cup Water

**BY: STEPHEN AMES**

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**MEAL
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CHALLENGE****H-E-B** & ConAgra Foods**RECIPE 6****FRANK'S SPAGHETTI ON-A-STRING****DIRECTIONS****30 MINUTES OR LESS****INGREDIENTS**

- 6 Hebrew National Beef Franks
- 1 package (8 oz.) dried spaghetti
- 1 jar (24 oz.) pasta sauce (We like H-E-B Garlic & Herb Pasta Sauce)
- 2 cups Frozen Sweet Peas

- 1 Bring 8 cups of water to boil in pasta pot.
- 2 Pour a generous amount of the pasta sauce into a separate, small saucepan and set to simmer.

Cut the hot dogs into 1/2 inch thick slices. (6 hot dogs should yield about 30 slices). Thread a single strand of spaghetti through 3 hot dog pieces. Continue until all hot dog pieces are threaded. Note: Not all the spaghetti strands will be lucky enough to have a hot dog piece.
- 3 Add all 8 ounces of spaghetti, including the strands with hot dog pieces and cook per instructions on the box...usually about 9 minutes. Two minutes before finishing add the frozen peas to the boiling pasta. When done, carefully drain all the water through a colander and return your pasta and hot dogs to stove. Add pasta sauce to taste and gently stir with a wooden spoon.
- 4
- 5 Serve immediately. Add some grated Parmesan for additional flavor. Carrots with ranch dip is great to serve as a side dish.



BY: HEATHER CALHOUN

Heather is a married, stay-at-home mother of two under the age of six, focused on helping you live well on less. Former chef turned blogger, Heather enjoys the challenges of balancing faith, family and frugality.



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RECIPE 7

BEER-TASTIC DOGS



DIRECTIONS

30 MINUTES OR LESS

- 1 Simmer sauerkraut, beer, and sugar in large skillet over medium-high heat for approximately 5 minutes.
- 2 Add salt & pepper to taste.
- 3 Add hot dogs and simmer until hot dogs are plump, and lightly coat with beer syrup.
- 4 Throw dogs to the grill. Save beer syrup.
- 5 Grill buns and stuff with dogs and sauerkraut.
- 6 Add syrup and/or mustard for additional yumminess!

INGREDIENTS

- 3 cups drained sauerkraut
- 1 can (20 oz.) dark beer (like Shiner)
- 1 Tbsp. dark brown sugar
- 8 Hebrew National Hot Dogs
- 8 hot dog buns
- Mustard



BY: CRYSTAL REAGAN

Crystal is the founder of Simply Being Mommy, a source for parenting advice and family-friendly recipes. She is a mother to three young children, resides in Texas and enjoys cooking, traveling and most of all being a mommy!



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 8

WONTON DOGS



DIRECTIONS

30 MINUTES OR LESS

1

Preheat oven to 400°F. Cut each frank in half and place in a shallow dish of soy sauce and let marinate for about five minutes.

2

Line large baking sheet with parchment paper. Lay wonton wrapper out flat and place one cut frank half toward one end of the wrapper. Fold both sides (at the ends of the frank) towards the middle, and then starting from the bottom, roll up. (Just think about an egg roll and you'll get the idea.) Do this with each of the 14 halves.

3

Place wrapped franks, 1-inch apart, seam side down, on prepared baking sheet. Lightly sprinkle garlic powder over the top of each one.

4

Bake for 20 minutes or until the wonton wrappers start to turn a golden brown. Remove from oven and immediately transfer to cooling rack.

5

Serve with soy sauce for dipping.

INGREDIENTS

1 package Hebrew National 97% Fat Free Franks

1 cup soy sauce; divided in half

14 wonton wraps; also known as egg roll wrappers

1/8 Tbsp. Garlic Powder



BY: **MARINA JOHN**

Marina is mommy to two darling “Energizer Bunnies” and married to her best friend. They are in no way affiliated to the Energizer Bunny of the battery fame, but her Energizer Bunnies have enough energy to put even ten of them to shame!



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 9

CHINESE NOODLES MEDLEY



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

4 Beef Hebrew National Franks
(97% Fat Free)-chopped

1 cup Egg Beaters (or 2 eggs)

1 package (12 oz.) Central Market Organics
Frozen Mixed Vegetables

1 package H-E-B medium Egg Noodles

3 - 4 Tbsp Soy/Soya Sauce

Freshly Ground Pepper for seasoning

Wesson Canola Oil for sautéing

- 1 Boil water in pasta pot and add the egg noodles to the boiling mix to get these cooked.
- 2 While water boils and pasta cooks, grab a wok/deep bottom pan and add 1-1 1/2 Tablespoons oil to it.
- 3 When oil has been heated, lightly fry chopped beef franks. (About 4-5 minutes).
- 4 Add Egg Beaters/eggs to franks and scramble until cooked.
- 5 Once this is done, throw in entire package of frozen veggies.
- 6 Sauté the mix until veggies thaw out.
- 7 Now season veggie-franks-egg medley with generous amounts of freshly ground pepper.
- 8 Add the soy/soya sauce to the medley and mix well.
- 9 By now your egg noodles should be cooked just right. Strain out the noodles and add this to medley.
- 10 Mix noodles and medley well and serve as is, or with ketchup and/or dried red chilli flakes.



BY: **LISA STAUBER**

Lisa is a mother of nine children under the age of 12 and the founder of Milehimama. Follow the fun and adventures on her blog as she writes about everything from cooking for an army to the logistics of everyday life with a large family.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 10

BEEFY POTATO KOLACHES



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 3 cups pancake mix (such as Pioneer Brand)
- 1 cup sour cream
- 1 egg + extra for dough
- 4 Hebrew National Beef Franks
- 4 oz. shredded cheddar cheese
- 1 half bag (15 oz.) country style hash browns
- 2 cups onion/pepper blend, thawed

1

Preheat oven to 400°F.

2

In a well greased frying pan or hot griddle, cook hash browns with chopped onion/pepper blend according to package directions, but do not brown. Potato mixture should be soft, not crispy.

3

Meanwhile, mix the pancake mix, sour cream, and egg in a medium sized bowl. Add up to 1/4 cup water (or milk for a richer dough), if needed, to make a soft, slightly sticky dough. Sprinkle pancake mix on flat surface and turn dough out, kneading 4 - 6 times and adding more mix if needed. Let rest 5 minutes.

4

Flour a rolling pin and roll dough out to a large rectangle, about 11" x 17" using pancake mix to keep dough from sticking. Cut dough into four equal rectangles. Place 1/4 potato mixture on each piece of dough, top with Hebrew National Beef Franks and shredded cheese. Bring sides of dough up and fold over ends to form kolaches, pinching to seal. Place seam side down on greased cookie sheet or baking tray.

5

Brush kolaches with beaten egg and bake 17 - 20 minutes at 400°F until golden brown.

6

Serve immediately or let cool, wrap, and freeze for hectic days and quick lunches.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**
Food and More

PETER PAN PEANUT BUTTER RECIPES

- pg. 25 Peanut Butter and Jelly Chicken
- pg. 26 Easy Peanut Butter Chicken Kabobs
- pg. 27 Crunchy Peanut Butter Coconut Chicken Strips
- pg. 28 Peter Pan Peanut Butter Stuffed French Toast
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- pg. 32 Peanut Butter Chicken
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- pg. 34 Quick Chicken Satay Quenelles with Coconut Rice





EVIN COOPER

Evin is a stay-at-home mom of three living in Central Texas. She loves to cook and create recipes, winging it along the way. She may be klutzy, but instead of letting it get her down, she blogs about it!



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 1

PEANUT BUTTER AND JELLY CHICKEN



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 4 boneless, skinless chicken breasts
- ½ cup Peter Pan Peanut Butter (creamy)
- 4 Tbsp. hot sauce
- ¼ cup Egg Beaters (or 1 egg)
- 1 cup flour
- 1 cup seasoned bread crumbs
- ½ cup H-E-B All Fruit Grape Jelly

- 1 Preheat oven to 400°F.
- 2 Cut chicken breasts into strips and set aside.
- 3 In a glass pie plate, warm peanut butter in the microwave for 30 seconds, just to loosen it up. With a fork, mix in hot sauce and egg.
- 4 On a rimmed baking sheet, set a cooling rack (something to lift skewers up off the pan and let it bake evenly) and spray whole thing well with cooking spray.

Toss chicken in flour, and then thread onto the skewers. Coat the floured chicken in the peanut butter mixture, and then press into bread crumbs.
- 5 Place skewered chicken on baking sheet and bake for 20 minutes or until cooked through. (If it's too hot to turn oven on, you can pan-fry them in a little oil in a skillet and they'll be awesome!).
- 6 In another glass bowl, warm grape jelly for 45 seconds and stir until lump free. You can add a few drops of water to thin it.
- 7 To serve, give each diner a few chicken skewers and a small bowl of dipping sauce.



BY:KRISTI REDDELL

Kristi is the mastermind behind Moms Confession where she confesses life's happiness and blunders all while staying sane with two pre-teen boys. Life in her house is hectic, but she wouldn't change it for the world. What's a life without a dull moment?



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 2

EASY PEANUT BUTTER CHICKEN KABOBS



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 pound chicken tenders
- 1/4 cup Peter Pan Peanut Butter
- 1/2 cup molasses
- 1/4 cup Worcestershire
- 1/8 cup yellow mustard
- 1 can sliced pineapple
- 1 large apple
- *optional: bell pepper and onions

- 1 Dice chicken tenders.
- 2 Open canned pineapple and cut into quarters.
- 3 Use apple corer/divider to slice apple, cut each piece in half.
- 4 In a saucepan, mix all ingredients together and heat over medium heat for approximately 5 minutes or until all ingredients make a sauce (stir continuously).
- 5 Once sauce is heated, remove from heat.
- 6 Slide diced chicken, apple and pineapple onto skewer and repeat.
- 7 Using basting brush, coat everything on the skewers with your peanut butter sauce.
- 8 Turn grill on to low or medium heat, place skewers onto grill and close (leave handles out so they don't heat up).
- 9 Cook for 15 minutes on the grill.



BY: **BRENDA THOMPSON**

Brenda is a stay-at-home mom and also a freelance writer, blogger and meal planning enthusiast. She likes to make crafty projects or scrapbook, take pictures, spend time with her family and of course spend time in the kitchen!



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 3

CRUNCHY PEANUT BUTTER COCONUT CHICKEN STRIPS



DIRECTIONS

30 MINUTES OR LESS

- 1 In low dish, combine egg whites, peanut butter and coconut milk using a whisk. Set aside.
- 2 In another low dish, combine Panko breadcrumbs and salt. Set aside.
- 3 Dip chicken breast tenders first in egg, peanut butter and milk mixture, then in breadcrumb mixture. You may need to press the breadcrumbs to make it "stick".
- 4 In non-stick pan, heat oil until ready for frying. Pan fry each coated chicken strip in pan, 4 - 6 minutes on each side until cooked through. You may need to do these in batches.
- 5 Serve immediately.

INGREDIENTS

- 2 egg whites
- ¼ cup creamy Peter Pan Natural Peanut Butter
- ½ cup light coconut milk
- 1 cup Panko breadcrumbs
- ½ tsp. salt, optional
- 1 pound chicken breast tenders
- 2 Tbsp. olive or coconut oil for frying

TIPS:

Combine peanut butter with a little bit of the coconut milk in a measuring cup to create a 'slurry'. It will blend more easily into the egg whites this way.



BY: RACHEL MATTHEWS

Rachel is a southern belle and aspiring domestic darling who blogs about family, photography, relationships, parenting and cooking. She and her husband of 10+ years are enjoying raising their two children with good morals, good manners, open hearts and bright futures.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 4

PETER PAN PEANUT BUTTER STUFFED FRENCH TOAST



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- ½ cup Peter Pan Peanut Butter (Creamy, Chunky or Honey Roasted)
- 10 slices Texas Toast
- 4 Eggs
- ½ cup milk
- 1 Tbsp. Vanilla Bean Paste (or pure vanilla extract)
- ½ Tbsp. Roasted Ground Cinnamon
- Honey, Maple Syrup or Powdered Sugar – optional toppings

- 1 Preheat griddle to 350°F or Medium High Heat.
- 2 Spread peanut butter thickly on one slice of Texas Toast (or your favorite French toast bread) top with another slice. Repeat this with all 10 slices, until you have 5 Peanut Butter Stuffed French Toast Sandwiches.
- 3 Whisk the eggs, milk, vanilla and cinnamon together.
- 4 Dip the Bread into the egg mixture – coating both sides well. Press the bread into the mixture and allow some of the egg mixture to soak into the bread.
- 5 Place onto your hot griddle – repeat with the other 4 sandwiches.
- 6 Cook about 4 – 6 minutes per side, or until crispy and golden and thoroughly cooked.
- 7 Serve topped with sifted powdered sugar, maple syrup or honey.
- 8 Delicious with fresh fruit and crispy bacon.



BY: **RACHEL LACY**

Rachel is a busy mommy of three children and the wife of a pure-bred Texas boy. As the author/owner of Following in My Shoes, she uses her humor and love of photography to blog about mommyhood, family-friendly food and life in Texas.



**MEAL
MAKER
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H-E-B & **ConAgra Foods**

RECIPE 5

SUMMER CHICKEN & VEGGIE SALAD WITH PEANUT VINAIGRETTE



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 package Pre-washed Salad (I prefer a Spring Greens Mix)
- 1 Red Bell Pepper
- 1 cup of Sugar Snap Peas
- 4 - 6 Chicken Tenders
- Salt
- Pepper
- Cooking Spray
- Peanut Vinaigrette:
 - 5 Tbsp. Creamy Peanut Butter
 - 2 Tbsp. White Balsamic Vinegar
 - Water

1

Wash bell pepper and then cut off the top, bottom and remove interior seeds. Once prepared, slice it into strips. Set aside.

2

In a heavy saucepan, bring 2 cups of water to a rolling boil. Once boiling, add sugar snap peas and let them sit in the boiling water 1 - 2 minutes. Immediately drain off water and remove peas to a paper towel covered plate. Place in fridge or freezer to stop the cooking process.

3

While waiting for water to boil, season each side of chicken tenders with salt and pepper.

4

Place a sauté pan over medium-high heat and spray with cooking spray before adding the seasoned chicken tenders.

5

Cook chicken on each side 5 - 6 minutes until lightly golden brown or have reached an internal temperature of 165°F.

6

Remove from heat and slice into strips.

7

Assemble salad greens onto plates and top with blanched sugar snap peas, sliced bell pepper, chicken and Peanut Vinaigrette. Serve immediately.

Peanut Vinaigrette:

1

Combine peanut butter and vinegar until smooth (blender or immersion blender works well).

2

Slowly whisk or blend in water to thin the dressing down to desired consistency.



BY: **STEPHEN AMES**

Stephen is the founder of The Spatula Dad, a place for fun, tasty, usually healthy eating choices...for both kids and adults. If you're searching for fun, informative, witty ways to cook for kids or adults, look no further – the Spatula Dad is here to help.



**MEAL
MAKER
CHALLENGE**

H-E-B & ConAgra Foods

RECIPE 6

ELVIS PANCAKES



INGREDIENTS

- 1/2 cup Peter Pan Peanut Butter
- 1 ripe Banana (mashed)
- 1 Egg
- 1 1/2 cups 2% milk
- 1 cup whole wheat flour
- 2 tsp. baking powder

DIRECTIONS

30 MINUTES OR LESS

- 1 Heat griddle or frying pan over medium heat.
- 2 Combine flour and baking powder in a bowl. Mix together with a fork.
- 3 Heat peanut butter in a microwave-safe bowl for 30 seconds or until it stirs easily.

Add egg to flour and baking powder mixture. Whisk for 30 seconds then add 1/2 cup of milk and whisk until mixed. Stir in peanut butter and remaining 1 cup of milk, then add the mashed banana and mix well. The batter is ready.
- 4 The griddle or frying pan is ready when water droplets bead and sizzle. Pour batter onto the pan to form your pancake. When bubbles form on the top of pancake (about 2 - 3 minutes) it's time to flip. Cook on other side for about 1 minute.
- 6 Serve immediately with maple syrup and bacon.



BY: HEATHER CALHOUN

Heather is a married, stay-at-home mother of two under the age of six, focused on helping you live well on less. Former chef turned blogger, Heather enjoys the challenges of balancing faith, family and frugality.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 7

NUT YOUR AVERAGE CHICKEN NOODLE SOUP



DIRECTIONS

30 MINUTES OR LESS

- 1 In a large stock pot, combine the broth, chicken.
- 2 Bring the soup to a boil, and then reduce heat to medium. Cook for about 10 minutes, until vegetables are tender.
- 3 Add veggies and garlic and simmer 8 minutes.
- 4 Add peanut butter, parsley, salt, and pepper; stir until peanut butter is fully blended. Simmer for 3 minutes longer.

INGREDIENTS

- 8 cups chicken broth
 - 2 cups diced, cooked chicken meat (can substitute w/ canned chicken)
 - 6 cups frozen mixed veggies (carrots/celery/onions/potatoes/zucchini/tomatoes/bell pepper)*
 - 2 cloves garlic, minced
 - 1/2 cup Peter Pan Peanut Butter
 - 1 Tbsp. chopped fresh parsley
 - Salt & pepper to taste
- *If you have the time you can replace the frozen veggies with fresh ones.



BY: **CRYSTAL REAGAN**

Crystal is the founder of Simply Being Mommy, a source for parenting advice and family-friendly recipes. She is a mother to three young children, resides in Texas and enjoys cooking, traveling and most of all being a mommy!



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 8

PEANUT BUTTER CHICKEN



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

1 pound boneless skinless chicken breasts, sliced into strips

½ cup creamy peanut butter

½ cup water

1 Tbsp. soy sauce

½ Tbsp. ground ginger

1 tsp. minced garlic

pinch crushed red pepper

salt

pepper

skewers, soaked in water for 30 minutes, if wooden

1

Preheat grill to medium heat. While grill is heating up, thread sliced chicken strips onto skewers. Lay on a cookie sheet and sprinkle with salt and pepper on each side. Place on grill plates at an angle to achieve nice grill marks. Flip after 7 minutes or so.

2

In a saucepan on low heat, combine peanut butter, water, soy sauce, ground ginger, minced garlic and crushed red pepper, stirring continuously. It only takes about 3 - 5 minutes, so keep a close eye on the sauce. If you overheat, it gets clumpy and doesn't look very appealing.

3

Once the chicken is done, remove from grill. At this point you can either serve the peanut butter sauce as a dipping sauce, or do what I did and serve sauce drizzled over white rice.



BY: **MARINA JOHN**

Marina is mommy to two darling “Energizer Bunnies” and married to her best friend. They are in no way affiliated to the Energizer Bunny of the battery fame, but her Energizer Bunnies have enough energy to put even ten of them to shame!



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 9

FRUIT AND NUT BREAKFAST ROLLS SURPRISE



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

1/4 cup Peter Pan Peanut Butter

1 roll H-E-B Refrigerated Buttermilk Biscuit Dough (You can substitute this with the Butter flavored dough instead, to kick that rich flavor up a notch!)

1 organic Gala Apple, finely chopped into small cubes

2 Tbsp. chopped walnuts

2 Tbsp. seedless dates chopped (or you can use baking dates)

1/4 tsp. cinnamon powder

2 Tbsp. honey (Optional. If your apples are sweet and you don't have a very sweet tooth, you can reduce this to 1 tablespoon or just omit it completely.)

1

Preheat oven to 375°F (The can says 400°F, but I've noticed my biscuits brown quickly, so I bake mine at a lower temp). Mix together all the ingredients (except the Buttermilk Biscuit dough) until everything is well blended.

2

Separate the 10 biscuits and press them into approximate 6-inch round shapes. Spoon about 1 heaped tablespoon of mixture into the center of each round. Fold the dough over filling and press to seal.

3

Place on greased cookie sheet and bake for 10 - 12 minutes, until golden brown.

4

Serve hot, right out of the oven.

5

Enjoy!



BY: **LISA STAUBER**

Lisa is a mother of nine children under the age of 12 and the founder of Milehimama. Follow the fun and adventures on her blog as she writes about everything from cooking for an army to the logistics of everyday life with a large family.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 10

QUICK CHICKEN SATAY QUENELLES WITH COCONUT RICE



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 Pound ground chicken
- 2 Tbsp. Peter Pan Creamy Peanut Butter
- 2 Tbsp. Hoisin sauce + extra for dressing veggies
- 1/2 cup bread crumbs
- 2 cups + 1 1/2 tsp. coconut milk
- 1 cup rice
- 1 package (12 oz.) pkg. frozen stir fry vegetables

1

Put 1 cup rice, 2 cups coconut milk, and 1 cup water in pot. Cover and bring to boil. Turn off and let sit, covered, for 20 minutes or until rice is cooked and liquid is absorbed.

2

Heat greased griddle or heavy frying pan medium heat. In a medium sized bowl combine chicken, peanut butter, hoisin, and 1 1/2 teaspoon coconut milk. Add in breadcrumbs and combine.

3

Using two spoons, form oval shaped quenelles. Place quenelles on griddle and cook 5 minutes until browned on one side, then flip quenelles and flatten slightly with spatula.

4

Cook 4 - 5 minutes longer until the center reaches 160°F or cooked through. Watch carefully- they will burn if the heat is too high! Makes 24 large quenelles.

5

Steam vegetables in microwave or on stove while rice and meat are cooking. Toss hot vegetables with a little hoisin sauce.

6

To serve, place a heaping spoonful of rice on a plate, top with stir fry vegetables and quenelles. Quenelles can be prepared in advance or frozen for an even easier meal.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

CHEF BOYARDEE RECIPES

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- pg. 43 Toasted Ravioli
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- pg. 45 Provolone Panini with Beefaroni





EVIN COOPER

Evin is a stay-at-home mom of three living in Central Texas. She loves to cook and create recipes, winging it along the way. She may be klutzy, but instead of letting it get her down, she blogs about it!



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 1

SHOTGUN WEDDING SOUP



DIRECTIONS

30 MINUTES OR LESS

- 1 In a little oil, sauté the chopped vegetables until soft. Season with a little salt and pepper.
- 2 Add the chicken broth and let the mixture come to a hard boil, then turn down to a simmer.
- 3 Let it simmer for 5 minutes, and stir in the ABCs and Meatballs and frozen spinach. Turn heat up to medium and let it cook another 5 minutes.
- 4 Serve with yummy bread and a salad!

INGREDIENTS

- 1 carrot, diced
- 2 stalks celery, diced
- ½ onion, finely diced
- 1 clove garlic, minced
- 1 box Central Market brand low sodium chicken broth
- 2 cans Chef Boyardee Whole Grain ABCs and mini-meatballs
- 2 cups frozen spinach



BY: KRISTI REDDELL

Kristi is the mastermind behind Moms Confession where she confesses life's happiness and blunders all while staying sane with two pre-teen boys. Life in her house is hectic, but she wouldn't change it for the world. What's a life without a dull moment?



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 2

RAVIOLI PEPPERONI PIZZA



DIRECTIONS

30 MINUTES OR LESS

- 1 Preheat oven to 350°F.
- 2 Place pre-made Mama Mary's Thin Pizza Crust on baking sheet and pre-cook for 10 minutes.
- 3 Open can of Chef Boyardee Ravioli and drain extra sauce off.
- 4 Remove pizza crust from oven.
- 5 Add toppings in this order: Sauce, Pepperoni slices, Ravioli, Mozzarella cheese, Queso Fresco, and Italian Seasoning.
- 6 Place baking sheet back into oven to heat & melt all ingredients (approximately 12 minutes).
- 7 Remove baking sheet from oven and slice into triangles.

INGREDIENTS

Pre-made Mama Mary's Thin Pizza Crust
1/8 cup Chef Boyardee Pizza Sauce
1 can Chef Boyardee Ravioli
1 package pepperoni slices
1 package (4 oz.) mozzarella cheese nuggets or shreds
1/8 cup Queso Fresco (crumbled)
Sprinkle of Italian Seasoning



BY: BRENDA THOMPSON

Brenda is a stay-at-home mom and also a freelance writer, blogger and meal planning enthusiast. She likes to make crafty projects or scrapbook, take pictures, spend time with her family and of course spend time in the kitchen!



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 3

CHEF BOYARDEE PIZZA ROLL BREAD



INGREDIENTS

1 small box Chef Boyardee Pizza Maker Kit

2 cups shredded mozzarella cheese

1 cup sliced pepperoni

1 tsp. pizza seasoning spice blend (or make your own with ½ tsp. oregano, ¼ tsp. basil and ¼ tsp. garlic salt)

¼ cup all-purpose flour

DIRECTIONS

30 MINUTES OR LESS

- 1 Prepare pizza dough according to package instructions.
- 2 Sprinkle flour onto large cutting board. Lightly knead dough a couple of times to coat in flour.
- 3 Using a rolling pin, roll out dough to rectangle measuring approximately 6" x 10".

Layer half of the cheese, pepperoni and spices over middle third of the dough (working horizontally). Fold one side of dough over the ingredients and repeat with remaining cheese, pepperoni and spices. Fold remaining side of dough over and press on sides and ends to seal.
- 4
- 5 Bake at 425°F for 12 - 15 minutes or until top is golden brown and bottom is cooked.
- 6 Slice into eight pieces and serve warm!

TIPS:

Use turkey pepperoni and low-fat mozzarella cheese to cut calories on this meal!

Serve this with a big garden salad and you've got a great, quick meal!



BY: RACHEL MATTHEWS

Rachel is a southern belle and aspiring domestic darling who blogs about family, photography, relationships, parenting and cooking. She and her husband of 10+ years are enjoying raising their two children with good morals, good manners, open hearts and bright futures.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 4

SPAGHETTI AND MEATBALL STUFFED GARLIC BREAD



DIRECTIONS

30 MINUTES OR LESS

- 1 Preheat oven to 375°F.
- 2 Sprinkle 2 tablespoons cornmeal onto parchment lined baking sheet or pizza stone.
- 3 Lay out one sheet of garlic breadstick dough on top of the cornmeal, brush with 2 tablespoons melted butter and sprinkle with ¼ cup cheese.
- 4 Spoon about ¾ of the spaghetti and meatball mixture down the center of the breadsticks, lengthwise. Top with ½ cup cheese.
- 5 Lay other sheet of breadstick dough on top of the other, making edges meet. Pinch and roll edges together and up all the way around, creating a seal and raised edge.
- 6 Brush top with rest of melted butter and sprinkle with cornmeal and rest of cheese.
- 7 Bake for 17 minutes or until crispy and golden brown.

INGREDIENTS

2 cans Chef Boyardee Spaghetti with Meatballs

2 packages Garlic Breadsticks

¼ cup cornmeal

¼ cup butter, melted and divided – 2 Tbsp. each.

1 cup shredded Italian Blend Cheese

RACHEL'S NOTES:

Brush with more melted butter after it comes out of the oven, if you'd like.

If you do not have access to garlic breadstick dough – Mince 3 cloves of garlic with 1 cup melted butter and brush the dough.



BY: **RACHEL LACY**

Rachel is a busy mommy of three children and the wife of a pure-bred Texas boy. As the author/owner of Following in My Shoes, she uses her humor and love of photography to blog about mommyhood, family-friendly food and life in Texas.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 5

QUICK AND EASY STUFFED PEPPERS



DIRECTIONS

30 MINUTES OR LESS

- 1 Over medium-high heat, brown ground meat in a frying pan.
- 2 While meat cooks, wash bell peppers and then cut tops out and carefully remove interior seeds.
- 3 Place bell peppers into boiling water and blanch for 3 - 5 minutes. Using tongs, remove each carefully and place it in a pie pan or 8" x 8" casserole dish. Set aside.
- 4 Once meat has fully cooked, drain grease and return pan of cooked meat to stove.
- 5 Stir in diced tomatoes and Italian seasoning and then fold in Beefaroni noodles. Bring to a boil and then remove from heat.
- 6 Carefully spoon noodle mixture into prepared bell peppers, filling them completely to the top.
- 7 Cover with mozzarella cheese.
- 8 Place pie pan or casserole dish into oven and set it to broil. Watch and remove from oven once cheese is golden brown and bubbly.

INGREDIENTS

- 4 Bell Peppers (any color, uniformly shaped)
- 1 can of Whole Grain Beefaroni
- 1 pound Ground Meat (beef, chicken, turkey, etc)
- 1 Tbsp. Italian Seasoning
- 1 can (14 oz.) Diced Tomatoes with Onion and Garlic
- 1 - 2 cups of shredded Mozzarella Cheese



BY: STEPHEN AMES

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MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 6

BOY OH CHICKEN!



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 can (15 oz.) Chef Boyardee Beefaroni Pasta and Beef in Tomato Sauce
- 1 cup canned diced tomatoes (drained)
- 4 boneless skinless chicken breasts
- 2 cups shredded 2% mozzarella cheese
- 2 cups fresh baby spinach
- 2 Lemons
- 3 tsp. ground paprika

1

Preheat oven to Broil.

2

Place chicken breasts into an oven-safe broiler pan and coat with lemon juice. Make sure you coat both sides of chicken breasts with lemon juice. Let sit for 5 minutes then coat both sides of chicken breasts with paprika and some pepper.

3

Pour can of Chef Boyardee Beefaroni into a food processor or blender and purée for 10 seconds. Add puréed Beefaroni and diced tomatoes to a small saucepan, stir it a bit, cover and set to simmer on stove.

4

Place chicken breasts on oven's top rack. Broil for 3 1/2 minutes then carefully remove from oven and turn breasts over. Cook for another 3 minutes. Turn off oven.

5

Remove chicken from the oven, leaving chicken in the broiling pan, add a layer of fresh baby spinach to the top of each breast. Be generous because spinach is good for you! Then spread shredded mozzarella over spinach and return to oven for 2 minutes to melt cheese over spinach. (The oven will still be very hot).

6

Remove from oven and spoon warmed Chef Boyardee Beefaroni and tomatoes over melted mozzarella cheese on your chicken breasts.

7

Serve immediately on top of your leftover spinach.



BY: HEATHER CALHOUN

Heather is a married, stay-at-home mother of two under the age of six, focused on helping you live well on less. Former chef turned blogger, Heather enjoys the challenges of balancing faith, family and frugality.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 7

GROWN UP CHEF BOYARDEE RAVIOLI



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 cup shredded Italian Cheese
- 2 cans (15 oz.) of Chef Boyardee Beef Ravioli
- 1 can (14.5 oz.) Hunt's Diced Tomatoes - (can use garlic flavored)
- 1 cup chopped spinach - finely chopped if your little ones are finicky
- 1/2 cup diced onions
- 3/4 cup shredded Italian blend cheese
- Italian Seasoning to taste

- 1 Sauté onions over medium-high heat using your choice of oil, butter or cooking spray. Add Italian seasoning.
- 2 Deplaze pan with Hunt's Tomatoes.
- 3 When tomato juice have reduced by 1/2 add spinach.
- 4 Let cook 2 minutes then add Ravioli.
- 5 Cook approximately 5 minutes or until warmed completely through. Add additional seasoning if desired.
- 6 Top with Italian Cheese and enjoy!



BY: CRYSTAL REAGAN

Crystal is the founder of Simply Being Mommy, a source for parenting advice and family-friendly recipes. She is a mother to three young children, resides in Texas and enjoys cooking, traveling and most of all being a mommy!



MEAL MAKER CHALLENGE

H-E-B & ConAgra Foods

RECIPE 8

TOASTED RAVIOLI



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

2 cans Chef Boyardee Overstuffed Italian Sausage Ravioli in Hearty Tomato & Meat Sauce

1 egg

1 cup panko

¼ cup Parmesan cheese

½ tsp. Italian seasoning

½ tsp. garlic salt

1 cup marinara sauce

cooking spray

1

Preheat oven to 400°F. Under a light stream of cold water, wash raviolis carefully and place on paper towel.

2

In a small bowl, beat egg. Mix panko, Italian seasoning, garlic salt and Parmesan cheese in large bowl or rectangular dish; whatever you have will work. Make an assembly line to speed up the process. You can also enlist the help of your children and husband. (That's what I did.).

3

Place a wire rack on a baking sheet. Carefully dip each ravioli in the beaten egg, and then roll in the seasoned panko mixture. Spray both sides of the breaded ravioli with cooking spray; place on wire rack.

4

Bake breaded ravioli until golden brown and crispy, 20 - 25 minutes.



BY: **MARINA JOHN**

Marina is mommy to two darling “Energizer Bunnies” and married to her best friend. They are in no way affiliated to the Energizer Bunny of the battery fame, but her Energizer Bunnies have enough energy to put even ten of them to shame!



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 9

EASY SPINACH CHILI-RONI



DIRECTIONS

30 MINUTES OR LESS

INGREDIENTS

- 1 can Chef Boyardee Beefaroni
- 1 can Wolf Brand Chili (Original)
- 1/2 - 3/4 cup Hill Country Fare Shredded Natural Cheddar Cheese
- 1/2 - 3/4 cup Hill Country Fare Shredded Natural Mozzarella Cheese
- 1 cup finely chopped organic spinach
- 1 loaf Hill Country Fare Garlic Bread (Parmesan & Romano)

- 1 Preheat oven to 400°F.
- 2 In a casserole or baking dish, mix in the contents of the Beefaroni and Chili cans.
- 3 Add chopped spinach and mix well.
- 4 Layer mix with cheddar cheese and mozzarella cheese.
- 5 Place casserole/baking dish in oven (uncovered), along with a tray on which Garlic Bread will lie and bake for 12 - 15 minutes.
- 6 Once Garlic Bread is ready, you can pull out Spinach Chili-Roni.
- 7 Serve piping hot.
- 8 Enjoy!



BY: **LISA STAUBER**

Lisa is a mother of nine children under the age of 12 and the founder of Milehimama. Follow the fun and adventures on her blog as she writes about everything from cooking for an army to the logistics of everyday life with a large family.



**MEAL
MAKER
CHALLENGE**

H-E-B & **ConAgra Foods**

RECIPE 10

PROVOLONE PANINI WITH BEEFARONI



DIRECTIONS

30 MINUTES OR LESS

1

Heat a grill pan on medium high heat and grease well. Lay 4 slices Texas Toast on grill and cook for 2 minutes.

2

Flip two slices of bread over and top with half a slice of provolone cheese. Place beefaroni on top of cheese, being careful to keep pasta from spilling over sides. Layer tomato slices, cheese, spinach, and pepperoncini slices. Top with other two pieces of Texas Toast, grilled side in, facing the sandwich fillings.

3

Place a large heavy skillet, such as a cast iron skillet, on top of sandwiches and press. Cook for 2 - 3 minutes, then flip the sandwiches. Cook another 5 minutes, until bread is toasty and cheese melts, pushing down firmly on sandwiches with skillet to create a pressed panini.

4

Serve immediately with fresh fruit, vegetable sticks, or a side salad. Makes 4 sandwiches.

INGREDIENTS

2 packages H-E-B Bake Shop Ready-to-Bake Bread French Rolls

1 can H-E-B petite diced tomatoes with chipotle

1 package (12 oz.) H-E-B frozen fajita vegetables with onions and peppers

1.5 cups Egg Beaters (All Natural Original)

8 oz. H-E-B Mexican Blend shredded cheese