

Name _____

Date _____

MICROWAVE COOKING CONCEPT #12:
 Use both a microwave oven and a conventional stove for
 the quickest and most efficient meal preparation.

Creamy Beef & Noodles

Serves 2

You Need:



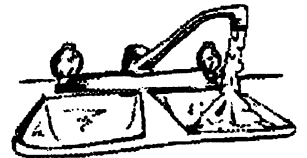
1/2 lb. ground beef



1/2 cup noodles



1/2 cup cream
of mushroom soup



1/4 cup water



1 tsp. + 1/2 tsp.
worcestershire sauce



1 tsp. parsley



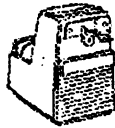
casserole dish with lid



saucepan with lid



hand or electric can opener



1/2 teaspoon



1 teaspoon



1 cup liquid
measuring cup



1/2 cup dry
measuring cup



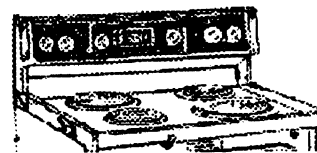
wooden spoon



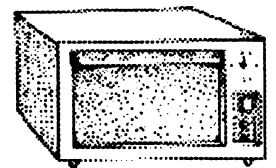
plate



colander

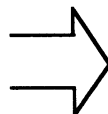


stove



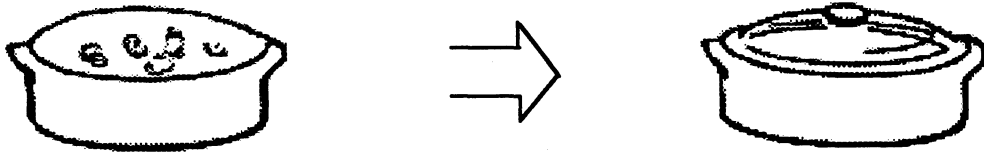
microwave

1.



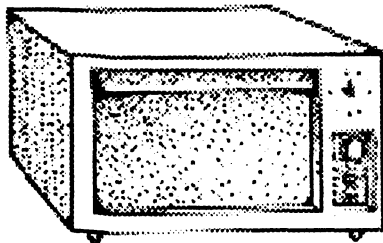
Break 1/2 lb. ground beef into small pieces.

2.

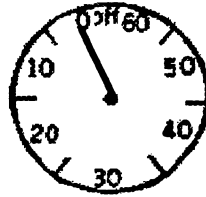


Place ground beef in casserole dish. Cover with lid.

3.



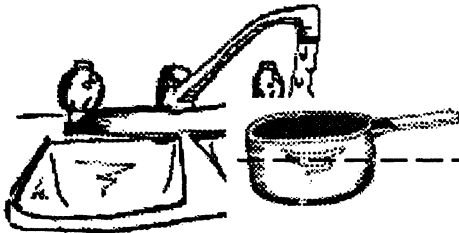
HIGH



2 minutes
2:00

Microwave at HIGH power for 2 minutes.

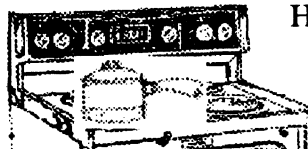
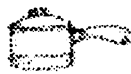
4.



FILL TO HERE

While meat is cooking, fill a saucepan 1/2 full of water.

5.

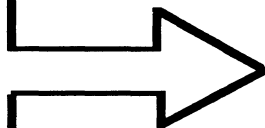
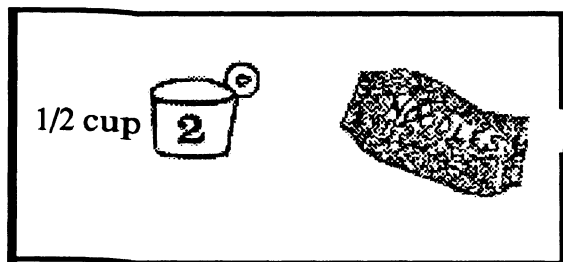


HIGH



Cover saucepan. Put on stove. Turn heat to HIGH. Bring to a boil.

6.



Measure 1/2 cup noodles and add to the boiling water.



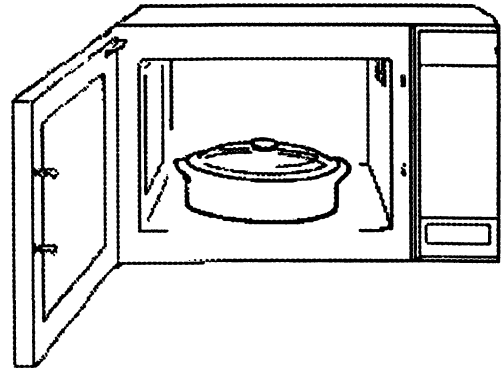
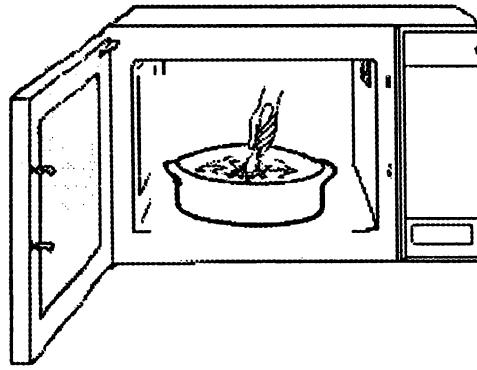
MEDIUM



10 - 12 minutes

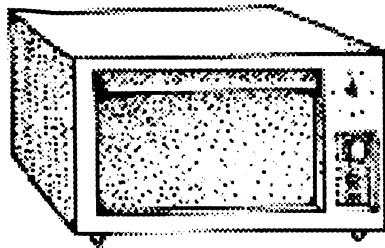
Turn heat down to MEDIUM. Cook uncovered 10 - 12 minutes until tender but still firm.

7.

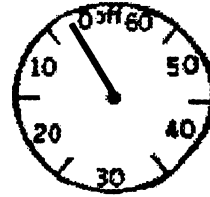


Stir beef. Cover with lid.

8.



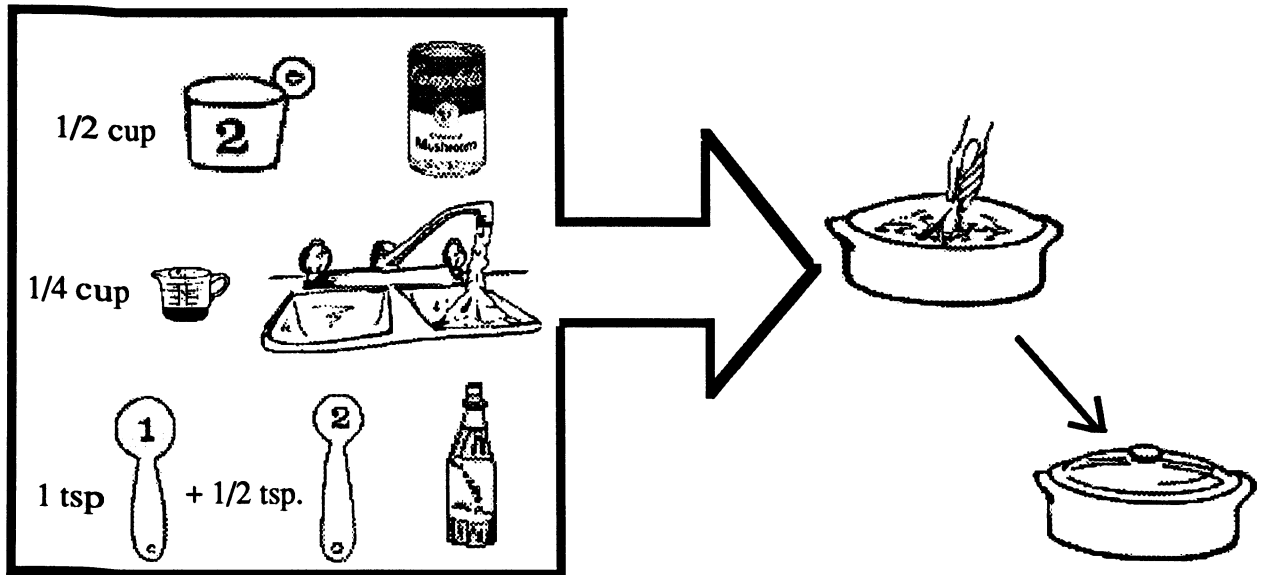
HIGH



2 - 3 minutes
2:00 - 3:00

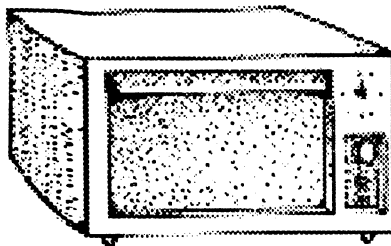
Microwave at HIGH power 2 - 3 minutes until meat is tender.

9.



Measure 1/2 cup of cream of mushroom soup, 1/4 cup water and 1 tsp. + 1/2 tsp. worcestershire sauce and add to meat mixture in casserole dish. Mix well. Cover with lid.

10.



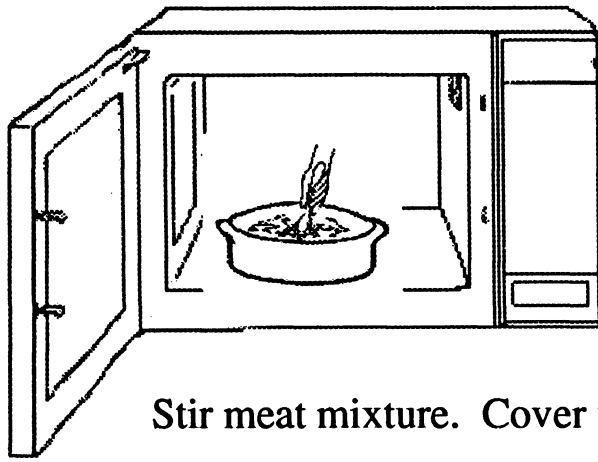
HIGH



2 minutes
2:00

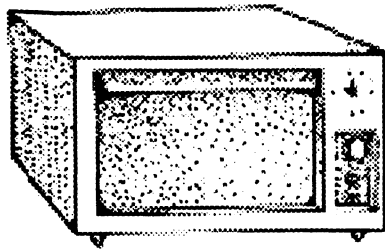
Microwave at HIGH power for 2 minutes.

11.

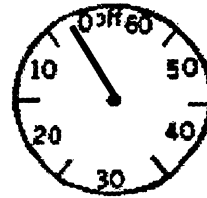


Stir meat mixture. Cover with lid.

12.



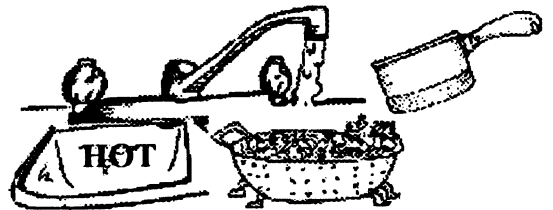
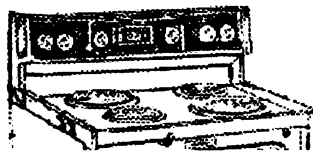
HIGH



2 - 3 minutes
2:00 - 3:00

Microwave at HIGH power for 2 or 3 minutes longer until heated through.

13.



Remove pan from stove. Turn stove OFF. Drain noodles in colander in sink under HOT water.



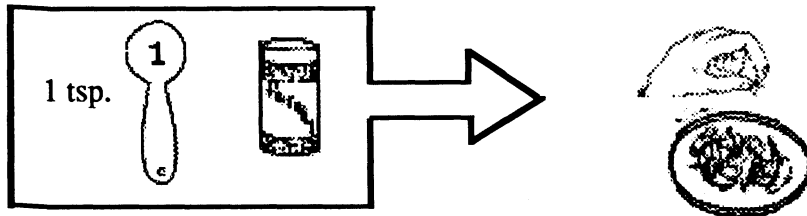
Pour into serving dish.

14.



Pour creamy beef mixture over noodles.

15.



Measure 1 tsp. parsley. Sprinkle the top with parsley.

MICROWAVE COOKING CONCEPT #12

CREAMY BEEF & NOODLES

You Need:

| | |
|--|-----------------------------|
| 1/2 lb. ground beef | saucepan with lid |
| 1/2 cup noodles | casserole dish |
| 1/2 cup cream of mushroom soup | hand or electric can opener |
| 1/4 cup water | 1 teaspoon |
| 1 tsp. + 1/2 tsp. worcestershire sauce | 1/2 teaspoon |
| 1 tsp. parsley | 1/2 cup dry measuring cup |
| colander | 1 cup liquid measuring cup |
| serving dish | wooden spoon |
| stove | microwave |

1. Break 1/2 lb. ground beef into small pieces.
2. Place ground beef in casserole dish. Cover with lid.
3. Microwave at HIGH power for 2 minutes.
4. While meat is cooking, fill a saucepan 1/2 full of water.
5. Cover saucepan. Put on stove. Turn heat to HIGH. Bring to a boil.
6. Measure 1/2 noodles and add to the boiling water. Turn heat down to MEDIUM. Cook uncovered 10 - 12 minutes until tender but still firm.
7. Stir beef. Cover with lid.
8. Microwave at HIGH power 2 - 3 minutes until meat is tender.
9. Measure 1/2 cup cream of mushroom soup, 1/4 cup water and 1 tsp. + 1/2 tsp. worcestershire sauce and add to meat mixture in casserole dish. Mix well. Cover with lid.
10. Microwave at HIGH power for 2 minutes.
11. Stir meat mixture. Cover with lid.
12. Microwave at HIGH power for 2 or 3 minutes longer until heated through.
13. Remove pan from stove. Turn stove OFF. Drain noodles in colander in sink under HOT water. Pour into serving dish.
14. Pour creamy beef mixture over noodles.
15. Measure 1 tsp. parsley. Sprinkle the top with parsley.