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. 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 cup 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 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. Microwave at HIGH power for 2 minutes.

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.
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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
colander
serving dish
stove

saucepan with lid
casserole dish
hand or electric can opener
1 teaspoon
1/2 teaspoon
1/2 cup dry measuring cup
1 cup liquid measuring cup
wooden spoon
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