

# Mix & Match

## Skillet supper

The possibilities are endless. Choose your family's favorite ingredients, then put your skillet to work.

START TO FINISH 40 minutes

### Meat

- ¼ cup all-purpose flour
- Seasoning
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 2 to 3 Tbsp. vegetable oil
- 6 cups Vegetables
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- ¾ cup reduced-sodium chicken broth or one 10.75-oz. can condensed cream of chicken soup + ½ cup milk
- Sauce
- 2 tsp. cornstarch
- 2 cups hot cooked Pasta (optional)

1. Place each chicken breast half, turkey tenderloin, or steak between two pieces of plastic wrap. Using the flat side of a meat mallet, pound lightly until about ¼ inch thick. Remove plastic wrap. Cut chicken, turkey, or steak in half, making four pieces.

2. In a shallow bowl stir together flour, Seasoning, salt, and black pepper. Dip chicken, turkey, beef, or pork into flour mixture, turning to coat.

3. In a 12-inch skillet heat 2 tablespoons of the oil over medium heat. Add chicken, turkey, beef, or pork; cook for 6 to 8 minutes or until chicken or turkey is done (165°F) or beef or pork is done (145°F), turning once. Remove from skillet.

4. If necessary, add the remaining 1 tablespoon oil to skillet. Add Vegetables, onion, and garlic; cook and stir for 4 to 5 minutes or until Vegetables are crisp-tender. Carefully stir in the broth. Bring to boiling.

5. In a small bowl combine Sauce and cornstarch; stir into vegetable mixture.

Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.

If desired, add Pasta; toss to coat.

Return chicken, turkey, beef, or pork to skillet. Cook, covered, about 2 minutes or until heated through. **Makes 4 servings.**

