

# time-saving recipes



five ingredients (or less!) and ready to cook in five minutes;  
(and only one requires a can of mushroom soup!)

## Salsa Pot Roast

1 3-5 pound beef pot roast  
1 jar (400-500ml) prepared salsa  
(choose mild, medium or hot  
depending on your preference)

### Directions:

1. Place pot roast in slow cooker. Set temperature to low.
2. Pour jar of salsa evenly over pot roast. Cook for 8 to 10 hours.
3. Enjoy. This recipe is loved by all who have tried, and works equally well with a pork roast as well. Great served with frozen vegetables (ready in five minutes in your microwave) or prepared salad and French bread. Serves 4 to 6.

## Baked Egg Dinner

12 eggs  
1 (5 ounce) can evaporated milk  
1 teaspoon ground dry mustard  
1 cup shredded cheddar cheese  
Salt and pepper to taste

### Directions:

1. Preheat oven to 325 degrees. Lightly grease a 9x13 inch baking pan.
2. Sprinkle cheese evenly in the bottom of the pan.
3. In a large bowl, beat together eggs, milk, mustard, salt and pepper. Pour egg mixture on top of cheese
4. Bake for 40 minutes or until firm. Let cool slightly before cutting into squares to serve. Serve with fresh fruit and toast. Serves 6.

## Sugary Pork Chops

6 pork chops  
6 tablespoons brown sugar  
6 tablespoons margarine  
1 tablespoon soy sauce

### Directions:

1. Preheat oven to 350 degrees.
2. Lightly grease 9x13 inch baking pan. Place chops in pan.
3. Spread 1 tablespoon of brown sugar on top of every chop. Place 1 tablespoon of margarine on top of the brown sugar. Sprinkle chops with soy sauce.
4. Cover pan with foil and bake for 45 minutes. Remove foil and bake for an additional 15 minutes, until browned. Serve with cherry tomatoes, chopped celery and lettuce. Serves 6.

## Garlic Chicken

2 teaspoons crushed garlic  
1/4 cup olive oil  
1/4 cup dry bread crumbs  
1/4 grated Parmesan Cheese  
4 skinless, boneless chicken breast halves

### Directions:

1. Preheat oven to 425 degrees
2. Place the garlic in a small oven safe dish and drizzle with olive oil. Warm the garlic and olive oil to blend the flavour.
3. In a separate bowl, combine the bread crumbs and the Parmesan cheese. Dip the chicken breasts in the olive oil and garlic mixture, then into the bread crumb mixture. Place in a shallow baking dish.
4. Bake for 20 to 30 minutes, or until chicken is cooked. Serve with fresh rolls and prepared salad. Serves 4.

## Creamy Haddock & Cheese

2 pounds haddock fillets  
1 can condensed cream of mushroom soup  
1 onion, thinly sliced  
1 cup shredded cheddar cheese  
Salt and pepper to taste

### Directions:

1. Preheat oven to 350 degrees. Lightly grease a 2 quart casserole dish.
2. Arrange fish fillets in the bottom of the dish, and sprinkle with salt and pepper. Layer onion slices on top of fish. Spread soup over all, and top with shredded cheese.
3. Bake for about 40 minutes or until bubbly and fish flakes easily with fork. Serve with raw baby carrots, sliced cucumber and fresh bread. Serves 6.

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