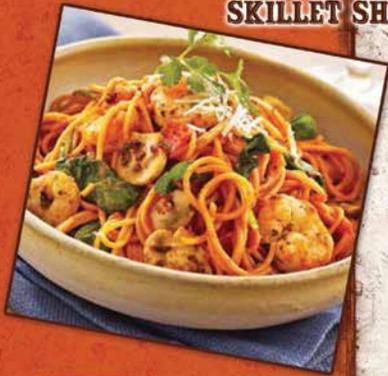


a taste of texas
SKILLET SHRIMP WITH CREAMY PASTA SAUCE



PREP TIME: 10 MINUTES • COOK TIME: 15 MINUTES • SERVES 4 TO 6

- 1 to 2 pounds peeled and deveined Medium or Large Shrimp, as desired
- 1 package Central Market Organics Whole Wheat Pasta, variety of your choice
- 1 tablespoon Adams Reserve All Purpose House Rub
- 2 tablespoons H-E-B Pure Olive Oil
- 8 ounces sliced fresh mushrooms, chopped coarsely
- 1 jar (26 oz) Vodka-style (creamy) Pasta Sauce, brand of your choice
- 1 can (8 ounce) H-E-B Tomato Sauce
- 1 small bag (5 or 6 oz) H-E-B Ready, Fresh, Go!® Fresh Baby Spinach Leaves
- Garnish: freshly shredded Parmesan cheese

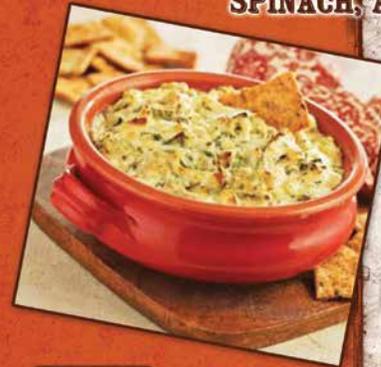
1. Cook pasta according to package directions; drain well and return to cooking pot.
2. In the meantime, toss shrimp with rub. Heat a large skillet over Medium-High heat 3 minutes; add oil until very hot but not smoking. Add shrimp and cook 1 minute. Remove to a plate and set aside.
3. Add mushrooms to same skillet; cook 5 minutes or until tender. Return shrimp to skillet; stir in pasta sauce, tomato sauce and spinach; stir and bring to a simmer.
4. Add mixture to cooking pot with pasta and toss to mix; garnish with Parmesan cheese after serving.



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SPINACH, ARTICHOKE AND GREEN CHILI DIP



PREP TIME: 10 MINUTES • COOK TIME: 10 MINUTES • SERVES 6 TO 8

- 1 jar H-E-B Artichoke Tapenade Specialty Series
- 8 to 10 ounces fresh or frozen chopped Spinach, chopped
- 16 ounces Cream Cheese, softened
- 1/2 cup Mayonnaise
- 1 small can chopped Green Chilies
- 1 teaspoon chopped Garlic in oil, drained
- 1 cup shredded Monterey Jack or Pepper Jack Cheese

1. Heat oven to 350°F. Spray a 9 x 13-inch baking dish with non-stick spray.
2. Add all ingredients into large bowl; mix gently, by hand or with 2 forks.
3. Transfer meat mixture to baking dish.
4. Place in oven and cook 60 minutes or until cooked thoroughly (internal temperature of beef should reach 165°F in the center).
5. Let stand 10 minutes; then slice and serve.



Bill Barnes

(555) 555-1234

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THE PERFECT LASAGNA



PREP TIME: 15 MINUTES • COOK TIME: 45 MINUTES • SERVES 8

- | | |
|--|---|
| 9 Lasagna Noodles | 32 oz. Ricotta Cheese |
| 1 Pound H-E-B Chicken Sausage with Feta and Spinach (Uncooked) | 16 Pieces Uncooked Lasagna Pasta |
| 1 Jar H-E-B Pasta Sauce | 1 Cup each H-E-B Shredded Mozzarella and Parmesan Cheeses |
| 1 Jar H-E-B Olive Tapenade, Specialty Series | Additional Parmesan Cheese for Garnish |

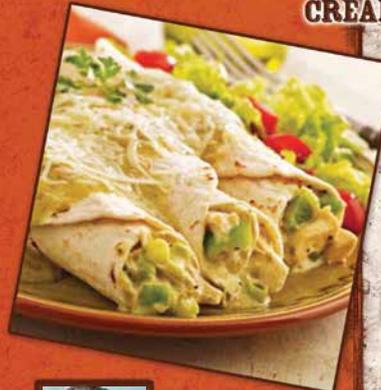
1. Heat oven to 375 F. Coat a 9 x 13-inch baking dish with non-stick spray.
2. Cook pasta in well salted boiling water for 10 minutes or until tender. In the meantime, combine ricotta, mozzarella cheese and olive tapenade in a large bowl; set aside.
3. Remove sausage from casing and brown in a large skillet. Add pasta sauce, bring to a simmer and remove from heat.
4. Place 1 cup meat sauce over bottom of baking dish; arrange 3 lasagna noodles over sauce. Spread one-third of cheese mixture over noodles. Repeat process to make 2 more complete layers; pour remaining sauce mixture over top.
5. Cover dish with foil and bake 40 minutes; remove foil and bake 5 minutes longer or until hot and bubbly. Sprinkle with additional Parmesan cheese, let stand 10 minutes and serve.



Bill Barnes

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CREAMY CHICKEN ENCHILADAS VERDES



PREP TIME: 10 MINUTES • COOK TIME: 10 MINUTES • SERVES 6 TO 8

- | | |
|--|---|
| 1 tub H-E-B Fully Cooked Shredded Chicken or 1 bag frozen H-E-B Fully Cooked Chicken Fajitas | 8 ounces H-E-B Cream Cheese, softened |
| 1 tablespoon H-E-B Pure Olive Oil | 1 can (4.5 oz.) diced Green Chilies |
| 1 onion, chopped (may substitute 1 bunch chopped green onions, including tops) | 1 dozen H-E-B Flour Tortillas |
| 1 jar H-E-B Salsa Tomatillo, divided use | 1 cup (8 oz.) Heavy Cream |
| | 8 ounces (2 cups) H-E-B Shredded Monterey Jack Cheese |

1. Heat oven to 375°F. Coat a 9 x 13-inch baking dish with non-stick spray. Heat chicken in microwave according to package directions. In the meantime, heat oil in a large skillet over medium-high heat; sauté onion in oil about 5 minutes.
2. Add chicken, one-half jar of salsa, cream cheese and chilies. Reduce heat to medium; stir to melt cheese and blend mixture thoroughly. Heat tortillas briefly; then fill each with about 1/3 cup of chicken mixture, roll up tightly and place in baking dish, seam-sides down.
3. Combine remaining tomatillo salsa and cream; pour over enchiladas and top with shredded cheese. Bake 30 to 40 minutes or until cheese melts and begins to brown. Serve while hot.



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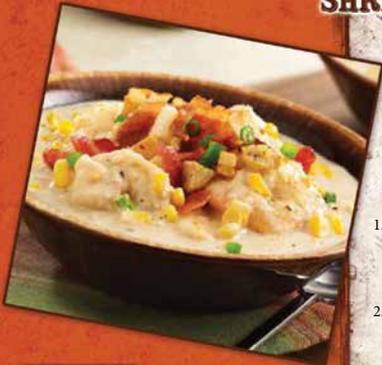
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SHRIMP, POTATO & CORN CHOWDER

PREP TIME: 15 MINUTES • BAKE TIME: 20 MINUTES • SERVES 6 TO 8

- | | |
|--|---|
| 1 Pound Large Peeled and Deveined Shrimp | 1 Tablespoon Seafood Seasoning (like Tony Chacheré's) |
| 4 to 6 Slices H-E-B Thick-Sliced Peppercorn Bacon, Coarsely Chopped | 3 Cups Central Market Organics Chicken Broth |
| 4 Cups Frozen Corn Kernels | 2 Cups (1 Pint) Half And Half or Heavy Cream |
| 1 Bag (20 oz) Simply Potatoes – Diced Potatoes with Onions or Shredded Hash Browns | |
| 2 Tablespoons Flour | |

1. Cook bacon in a large skillet over medium-high heat until brown and crispy. Drain on paper towels. Sauté potatoes in remaining bacon drippings about 3 minutes, scraping bottom of pan to release browned bits. Stir in flour and seafood seasoning until blended well.
2. Gradually stir in broth; bring to a boil and simmer over medium heat 10 to 15 minutes or until potatoes are tender, stirring occasionally. Spoon half of the potatoes into a bowl; mash with a fork or potato masher and return to pot.
3. Stir in cream and corn; return chowder to a boil. Add shrimp; simmer 2 or 3 minutes or until shrimp just begin to curl. Stir and season with coarse salt and pinch of ground white pepper. Ladle chowder into serving bowls; top with bacon and serve.



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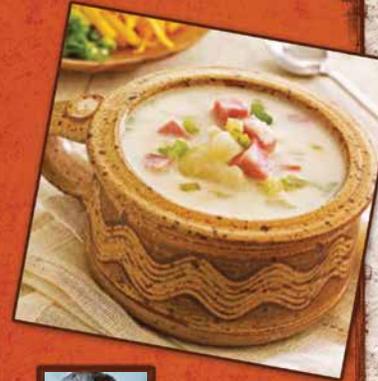
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BAKED POTATO AND HAM SOUP

PREP TIME: 15 MINUTES • COOK TIME: 15 MINUTES • SERVES 4 TO 6

- | | |
|--|--|
| 1 to 1 1/2 Pounds Russet or Baking Potatoes, Peeled and Chopped Coarsely | 3 Tablespoons Flour |
| 1 Carton (32 oz.) Central Market® Organics Chicken Broth | 1 Cup (8 oz. or More) Chopped Ham |
| 1 Dried Bay Leaf | 1/2 Cup Each Chopped Celery and Onion |
| 1/4 Cup Butter (1/2 Stick) | 2 Cups Whole or Low-Fat Milk |
| | Garnish (Optional): Sour Cream, Chopped Green Onions and Shredded Cheddar Cheese |

1. Place the potatoes, chicken broth and bay leaf in a 4-quart pot (or larger). Bring to a boil, then cook over medium heat for 15 minutes or until potatoes are tender.
2. In the meantime, melt butter in a separate large skillet over medium heat. Gradually whisk in flour; cook for 2 minutes or until blended, stirring constantly. Add ham, celery and onion; sauté for 4 minutes or until mixture begins to brown. Add milk slowly, stirring constantly to prevent lumps; cook for 5 minutes or until thickened slightly.
3. Stir milk mixture into broth mixture; cook for 5 or 10 minutes to reach desired consistency. If desired, mash potatoes coarsely with a fork, potato masher or immersion blender. Season to taste.
4. Top servings of soup with sour cream, chopped green onions and shredded cheddar cheese, as desired.



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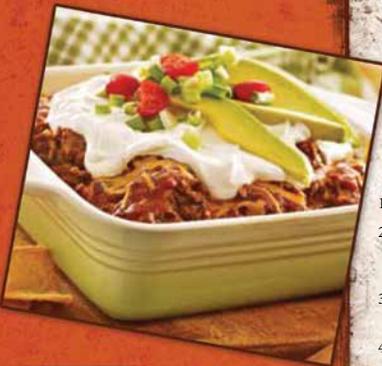
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CHILI-CHEESE POTATO PUFFS

PREP TIME: 15 MINUTES • BAKE TIME: 20 MINUTES • SERVES 4 TO 6

- | | |
|---|--|
| 1 to 2 Pounds Lean Ground Beef, as Desired | 1 Large (or 2 Small) Avocados |
| 1 Jar Cookwell & Company Texas Two-Step Chili Mix | 1 Cup (8 oz.) H-E-B Sour Cream |
| 1 Bag (16 oz.) Frozen Tater Tots | 2 or 3 Green Onions, Chopped, Including Tops |
| 2 Cups (16 oz.) H-E-B Shredded Cheddar Cheese | Tortilla Chips |

1. Heat oven to 375°F. Coat a 9 x 13-inch baking dish with non-stick spray.
2. Brown ground beef in a large skillet over medium-high heat 6 to 8 minutes or until browned thoroughly. Add chili mix, stir, bring to a simmer, and remove skillet from heat.
3. Place frozen tater tots over bottom of prepared baking dish. Cover with chili mixture. Top with shredded cheese.
4. Bake 20 minutes or until hot and bubbly. Let stand 5 or 10 minutes. In the meantime, cut avocado into small wedges.
5. Spoon sour cream over casserole; top with avocados and onions, as desired. Serve with tortilla chips.



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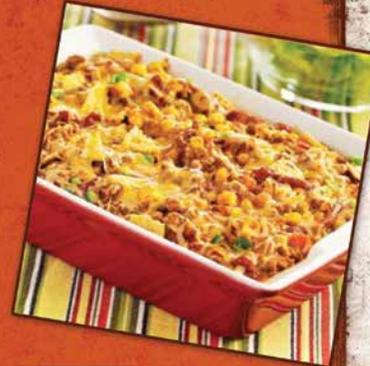
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TACO CASSEROLE

PREP TIME: 10 MINUTES • COOK TIME: 5-7 MINUTES IN MICROWAVE • SERVES 4 TO 6

- | | |
|---|--|
| 1 pound Ground Beef Chuck, Sirloin or Round | 1 can Mexicorn or fiesta-style corn, drained |
| 1 jar Cookwell Texas Two-Step Taco Mix, divided use | 1/2 cup Sour Cream |
| 1 jar H-E-B Green Chili Tomatillo Salsa Specialty Series, divided use | 2 cups H-E-B Mexican-Blend Cheese |
| | 1 bag (10-count) Corn Tortillas, cut or torn into bite-size pieces |

1. Spray a 9 x 9-inch microwave safe baking dish with non-stick cooking spray.
2. Brown beef in a large skillet over Medium-High heat 6 to 8 minutes or until well-browned. Stir in one-half jar of Taco mix, 1/2 cup salsa, corn and sour cream. Reduce heat to Medium; stir and cook 5 minutes or until hot.
3. Spread half of meat mixture over bottom of prepared dish. Layer half of tortilla pieces, then half of the (remaining) taco mix; sprinkle with 1-cup cheese.
4. Continue layering process, using remaining ingredients. Cover dish with a lid or with plastic wrap folded back at one corner to vent.
5. Microwave 5 to 7 minutes on High power; rotate dish a few times during heating. Let stand 5 minutes and serve.



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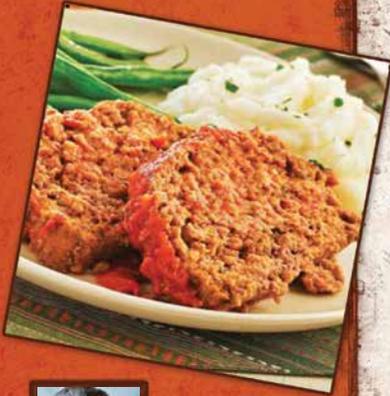
MEAT LOAF ITALIAN STYLE

PREP TIME: 15 MINUTES • BAKE TIME: 60 MINUTES • SERVES 6 TO 8

2 Pounds Lean Ground Beef or Turkey
2 Tablespoons McCormick Italian Seasoning Grinder
1 Cup H-E-B Pasta Sauce, variety of your choice

1 Egg, beaten
1 Cup Panko (Japanese-Style) Breadcrumbs
1 Cup H-E-B Shredded Italian-Blend Cheese

1. Heat oven to 350°F. Coat a 9 x 13-inch baking dish with non-stick spray.
2. Add all ingredients into large bowl; mix gently, by hand or with 2 forks. Transfer meat mixture to baking dish.
3. Place in oven and cook 60 minutes or until cooked thoroughly (internal temperature of beef should reach 165°F in the center). Let stand 10 minutes; then slice and serve.



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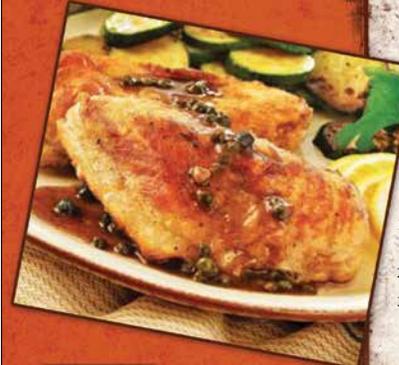
CHICKEN PICCATA

PREP TIME: 10 MINUTES • BAKE TIME: 10 MINUTES • SERVES 6 TO 8

4 Pieces H-E-B All Natural Chicken Breasts, Butterflied
1 Cup Flour
2 Tablespoons Butter

2 Tablespoons H-E-B Pure Olive Oil
1/2 cup White Wine or Chicken Broth
2 Tablespoons Capers
1 Tablespoon Fresh-Squeezed Lemon Juice

1. Heat a large skillet over Medium-High heat 3 minutes; add butter and oil. Tilt skillet to combine and coat bottom of skillet.
2. Season chicken with salt and pepper; then dip in flour.
3. Cook 3 minutes per side or until nicely browned; remove chicken to a plate. Add wine or broth; scrape bottom of skillet to release any browned bits. Stir until liquid is reduced by about one-half.
4. Add capers and lemon juice. Stir and reduce heat to Medium (at this point you may add additional butter to skillet, if desired). Return chicken to skillet and simmer 3 to 5 minutes or until hot. Serve.



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MARTHA'S TAMALES DRESSING

PREP TIME: 15 MINUTES • BAKE TIME: 30 MINUTES • SERVES 8 TO 12

12 Steamed (Fully-Cooked) Tamales of Your Choice - Pork, Beef or Chicken
1 (8 or 9 inch) Pan of Prepared Corn Bread
1 Can (28 ounce) H-E-B Diced Tomatoes with Green Chilies
2 Tablespoons H-E-B Pure Olive Oil

2 Cups Chopped Onion
1 Tablespoon Mexican-Blend Seasoning (or 1 Teaspoon Each Ground Cumin, Chili Powder and Garlic Powder)
2 Cups (8 oz.) H-E-B Shredded Mexican-Blend Cheese

1. Heat oven to 350°F. Coat a 9 x 13-inch baking dish with non-stick spray.
2. Crumble tamales and corn bread into bite-size pieces and place in a large mixing bowl. Drain juice from tomatoes and green chilies; set aside.
3. Heat oil in a large skillet over medium-high heat. Sauté onion 3 minutes; add Mexican seasoning and cook 2 minutes longer or until onion is tender.
4. Add onions, drained tomatoes and cheese to tamale mixture; toss to combine. If mixture is too dry, add some reserved juice from tomatoes. Transfer to baking dish
5. Bake 30 minutes or until dressing has browned lightly and heated thoroughly.



Bill Barnes

(555) 555-1234