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Beef pot roast in homestyle gravy

Ingredients

1 package(s) Maple Leaf Beef Pot Roast in Homestyle Gravy

Directions

Heating Directions Microwave (1000 Watts)

1. Remove cardboard sleeve and film from microwave-safe tray. Cut pouch with scissors and empty contents into tray provided. Cover with microwave-safe plastic wrap, ensuring at least one corner of the tray is WELL vented to allow steam to escape.

2. Microwave on HIGH for 5 minutes. Carefully remove cover and using tongs turn meat over. Caution while removing from microwave, the entrÉe is very hot. Sauce splattering or steam release can occur while handling. Do NOT pierce with a fork to turn meat; recover with plastic wrap. Microwave on HIGH for an additional 3 minutes. Let stand for 2 minutes before serving.

Makes 2 to 3 servings.

Total preparation and cooking time: 8 to 10 minutes.

Garlic Smashed Potatoes

Ingredients

- 8 mini red potatoes 8
- 2 tbsp(s) milk 30 mL
- 1/2 tsp(s) ready prepared minced garlic 2 mL
- 1 Clove OR clove garlic, minced 1
- Salt and pepper to taste

Directions

Cut potatoes in half and cook in boiling salted water for 9 to 10 minutes. Drain and return to pan. Smash potatoes with back of spoon. Add milk, garlic, salt and pepper to taste.

Makes 2 to 3 servings.



Total preparation and cooking time: 10 to 15 minutes.

Green Beans and Bacon

Ingredients

- 2 cup(s) fresh or frozen green beans 500 mL
- 1/2 cup(s) chicken broth 125 mL
- 1-2 tbsp(s) Maple Leaf Ready Crisp Bacon Pieces 15-30 mL

Directions

If using fresh beans, wash, trim and cut into 2-inch (5 cm) pieces.

In a medium-sized saucepan bring chicken broth to a boil. Add beans, lower heat and cook for 3 to 5 minutes until tender-crisp.

Drain well and toss with bacon pieces.

Makes 2 to 3 servings.

Total preparation and cooking time: 10 to 12 minutes.

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