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Glorious Ground Beef
becomes a well-seasoned traveler at home and abroad with a variety of international style and cross-country American style entrees.

Chicken by Candlelight
suggests unusual treatments for this workaday staple. Flavorful, picture-perfect dishes making the most of food dollars and precious time, deserve elegant surroundings—candles, wine—the works!

Seafood Specialties
made with a variety of vegetable combinations, please your taste, spare your purse and save your time.

Change of Pace Potpourri
for those nights when what to have for supper is a puzzle. A package of Birds Eye® International or Americana Recipe® Vegetables transforms sausage, ham or eggs into inspirational entrees fit for a king and ready in minutes!

If you're someone who clings to the belief that there's more to life than endless hours in the kitchen, this is your kind of recipe book. Included are rapid but ravishing main dishes for people who have everything but time on their hands and bulging wallets.

Take a look at these scrumptious entrees that make the most of chicken, ground beef, tuna, sausage, ham and eggs. Hot and hearty, ready to serve in a flash! The secret? Clever use of Birds Eye® International Vegetables and Birds Eye® Americana Recipe® Vegetables—fresh tasting, interesting vegetable combinations in specially seasoned sauces that when mixed with less expensive but readily available protein sources create handy delights with gourmet overtones.

To complete the menu, choose simple salads, ready-to-serve breads and favorite desserts.
**Italian Beef Kettle**

- 3/4 pound ground beef
- 3/4 teaspoon salt
- 1 cup water
- 1 can (8-1/4 oz.) tomatoes
- 1 beef bouillon cube
- 1/2 cup cooked elbow macaroni, bow ties or broken spaghetti
- 1 package (10 oz.) BIRDS EYE Italian Style Vegetables

Brown beef in saucepan. Sprinkle with salt. Add water, tomatoes and bouillon cube. Bring to a boil; reduce heat; cover and simmer 5 minutes. Add macaroni and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

**Chop Suey Beef**

- 3/4 pound ground beef
- 1 teaspoon soy sauce
- 2 tablespoons water
- 1/2 teaspoon cornstarch
- 1 package (10 oz.) BIRDS EYE Chinese Style Vegetables
- 1 tablespoon toasted almonds

Brown beef in skillet. Combine water, soy sauce and cornstarch. Add vegetables and cornstarch mixture to beef. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 5 to 7 minutes. Sprinkle with almonds. Makes 3 servings.

**Yankee Beef and Vegetables**

- 3/4 pound ground beef
- 1/2 teaspoon salt
- 1 package (10 oz.) BIRDS EYE New England Style Vegetables
- 1/3 cup milk
- 1 teaspoon flour
- 1 teaspoon Worcestershire sauce


**San Francisco Super Supper**

- 3/4 pound ground beef
- 3/4 teaspoon salt
- 1 medium onion, cut in wedges
- 1 package (10 oz.) BIRDS EYE San Francisco Style Vegetables
- 1 tablespoon water


*Recipe doubled for photo*
Beef Japonais

3/4 pound ground beef
2 teaspoons cornstarch
1/2 teaspoon salt
1-1/4 cups water
1 cup thin egg noodles
1 package (10 oz.) BIRDS EYE Japanese Style Vegetables
1 to 2 tablespoons soy sauce

Brown beef in skillet. Blend cornstarch and salt in water, add to skillet. Bring to a boil and stir in noodles; cover and simmer 2 minutes, stirring once. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.

Wisconsin Country Style Beef

1 package (10 oz.) BIRDS EYE Wisconsin Country Style Vegetables
1 can (8 oz.) small whole potatoes, drained
1 tablespoon oil
3/4 pound ground beef
1/4 teaspoon salt
1 tomato, diced
1/2 cup sour cream


Beef Bavarian with Vegetables

3/4 pound ground beef
1 teaspoon salt
Dash of pepper
1/3 cup water
1 teaspoon lemon juice
1 teaspoon grated lemon rind
1 package (10 oz.) BIRDS EYE Bavarian Style Beans and Spaetzle

Brown beef with salt and pepper in skillet. Add water, lemon juice, lemon rind and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork, and stirring frequently. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

Hawaiian Beef

Nob Hill Chicken

1 package (10 oz.) BIRDS EYE
San Francisco Style Vegetables
2 skinned, boned chicken breasts, cut in strips
2 tablespoons oil
2 tablespoons water
1 teaspoon white wine
1 teaspoon soy sauce
1 teaspoon toasted sesame seed (optional)
1/2 teaspoon salt

Set aside topping packet. Sauté chicken in oil in skillet until meat just turns white, about 5 minutes. Add vegetables, water, wine, soy sauce, sesame seed and salt. Bring to a full boil over medium heat, separating vegetables with a fork; stir frequently. Reduce heat; cover and simmer 5 minutes. Sprinkle with topping just before serving. Makes 3 servings.

Chicken Continental

2 skinned, boned chicken breasts, cut in strips
2 tablespoons oil
1/4 teaspoon salt
1 package (10 oz.) BIRDS EYE
Bavarian Style Beans and Spaetzle
1/4 cup chicken broth
1/2 cup sour cream
1 tablespoon flour
1/2 teaspoon paprika

Sauté chicken in oil in skillet, about 5 minutes. Sprinkle with salt; add vegetables and chicken broth. Bring to a full boil over medium heat, separating vegetables with a fork; stir frequently. Reduce heat; cover and simmer 3 minutes. Combine sour cream, flour and paprika. Stir into vegetables and heat gently. Makes 3 servings.

Aloha Chicken

2 teaspoons vinegar
1 teaspoon soy sauce
1 teaspoon cornstarch
2 skinned, boned chicken breasts, cut in strips
2 tablespoons oil
1/4 cup orange juice
2 tablespoons orange marmalade
1 package (10 oz.) BIRDS EYE
Hawaiian Style Vegetables

Combine vinegar, soy sauce and cornstarch; set aside. Sauté chicken in oil in skillet until meat just turns white, about 5 minutes. Add orange juice, marmalade, cornstarch mixture and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

Chicken Oriental

1/3 cup water
1 teaspoon cornstarch
2 skinned, boned chicken breasts, cut in strips
2 tablespoons oil
1 package (10 oz.) BIRDS EYE
Japanese Style Vegetables
2 tablespoons salted peanuts
1 tablespoon soy sauce
1/2 teaspoon ginger

Combine water and cornstarch; set aside. Sauté chicken in oil in skillet until meat just turns white, about 5 minutes. Add vegetables, peanuts, soy sauce, ginger and cornstarch mixture. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 4 minutes. Makes 3 servings.
New England Chicken*
1 package (10 oz.)
BIRDS EYE New England Style Vegetables
2 skinned, boned chicken breasts, cut in strips
1 tablespoon flour
2 tablespoons margarine
1/3 cup chicken broth
1/4 teaspoon basil
Set aside topping packet. Coat chicken with flour then brown lightly in margarine in skillet. Add vegetables, broth and basil. Bring to a full boil, separating vegetables with a fork, stirring frequently. Reduce heat; cover and simmer 4 minutes. Sprinkle with topping. Makes 3 servings.

*Recipe doubled for photo

Poulet Jambalaya
1 skinned, boned chicken breast, cut in chunks
1/4 pound slivered boiled ham
2 tablespoons margarine
1 cup chicken broth
1 can (8 oz.) tomatoes
Dash of garlic powder
3 drops of hot pepper sauce
1 package (10 oz.) BIRDS EYE New Orleans Style Vegetables
1 cup MINUTE Rice
1 can (3-1/2 oz.) tuna, drained

Chicken Oreganato
1/2 cup water
1 tablespoon lemon juice
1 teaspoon cornstarch
1 clove garlic, crushed
1 tablespoon oil or butter
1-1/2 cups cooked chicken, cut in strips
1/2 teaspoon salt
1/4 teaspoon oregano
1 package (10 oz.) BIRDS EYE Italian Style Vegetables
Combine water, lemon juice and cornstarch. Sauté garlic in oil in skillet. Add chicken, cornstarch mixture, salt and oregano. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

Farm Style Chicken (not photographed)
1 package (10 oz.) BIRDS EYE Wisconsin Country Style Vegetables
1 can (8 oz.) small whole potatoes, drained
2 tablespoons oil
2 skinned, boned chicken breasts, cut in strips
1/4 teaspoon salt
1 tomato, diced
1/2 cup sour cream
Set aside topping packet. Brown potatoes lightly in oil in skillet. Add remaining oil and chicken and sauté until meat is lightly browned. Add salt, vegetables and tomato. Bring to a full boil over medium heat, separating vegetables with a fork and stirring occasionally. Reduce heat; cover and simmer 4 minutes. Stir in sour cream and sprinkle on topping. Makes 3 servings.
Seafood Specialties

**Curried Tuna and Vegetables**
- 1 package (10 oz.) BIRDS EYE Danish Style Vegetables
- 1 can (7 oz.) tuna, drained and broken in chunks
- 1/4 cup raisins
- 1/2 cup water
- 1/2 cup margarine

Melt margarine in saucepan; add curry powder; cook and stir 2 minutes. Add vegetables, water and raisins. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 2 minutes. Add tuna and heat. Makes 3 servings.

**Italian Tuna Supper**
- 1 chicken bouillon cube
- 1-1/2 cups boiling water
- 1 package (10 oz.) BIRDS EYE Italian Style Vegetables
- 1 tablespoon margarine

Dissolve bouillon cube in boiling water in saucepan. Bring to a boil; add bow ties. Cook until tender and most of water is absorbed. Add 3 tablespoons water, tuna, vegetables and margarine. Bring to a full boil over medium heat, separating vegetables with fork and stirring frequently. Reduce heat; cover and simmer 2 minutes. Makes 3 servings.

**Hearty Clam Chowder**
- 1 package (10 oz.) BIRDS EYE New England Style Vegetables
- 2 cans (10-3/4 oz.) condensed New England clam chowder
- 2 tablespoons flour
- 2 tablespoons margarine
- 1 can (8 oz.) minced clams
- 1 cup milk
- 1/4 cup cooked elbow macaroni
- 2 teaspoons prepared mustard
- Dash of pepper

Set aside topping packet. Melt margarine in saucepan; blend in flour. Add undrained clams, milk, soup and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring occasionally. Reduce heat; cover and simmer 3 minutes. Sprinkle with topping just before serving. Makes 3 servings.

**Tuna-Macaroni Salad**
- 1 package (10 oz.) BIRDS EYE Danish Style Vegetables
- 2 tablespoons margarine
- 2 tablespoons flour
- 1 can (7 oz.) tuna, drained and broken in chunks
- 1 package (10 oz.) BIRDS EYE Danish Style Vegetables

Combine vegetables, margarine and water in saucepan. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Reduce heat; cover and simmer 3 minutes. Remove from heat and stir in tuna; add macaroni, mayonnaise, mustard and pepper; mix well. Serve warm or chilled. Makes 3 servings.
Egg Foo Yung

1 package (10 oz.) BIRDS EYE Chinese Style Vegetables
3 eggs
1 1/2 teaspoons salt
2 tablespoons flour
1 cup (about 4 oz.) coarsely chopped cooked meat, poultry or seafood
3 tablespoons oil

Prepare vegetables as directed on package. Beat eggs with salt. Mix flour with meat; add meat and vegetables to beaten eggs. Heat oil in large skillet. Ladle egg mixture into skillet as for pancakes; brown both sides. Makes 3 servings.

Hawaiian Ham

3/4 pound boiled ham, cut in strips
1 tablespoon margarine
1/4 cup orange juice or water
1 tablespoon brown or granulated sugar
1/4 teaspoon ginger (optional)
1/4 teaspoon dry mustard
1 package (10 oz.) BIRDS EYE Hawaiian Style Vegetables

Brown ham in margarine in skillet. Add remaining ingredients. Bring to a full boil over medium heat, separating vegetables with a fork and stirring occasionally. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.

Omelet Supreme

1 package (10 oz.) BIRDS EYE Wisconsin Country Style Vegetables
3 tablespoons water
1/4 cup margarine
1/2 cup diced cheddar cheese
6 eggs
1/4 teaspoon salt

Set aside topping packet. Place 1 tablespoon water, 2 tablespoons margarine and vegetables in saucepan. Bring to a full boil over medium heat, separating vegetables with fork; stir occasionally. Reduce heat; cover and simmer 4 minutes. Stir cheese and topping into vegetables; keep warm. Beat eggs with salt and remaining water. Heat remaining margarine in skillet. Add beaten eggs and cook over medium heat. Run spatula slowly around edge to allow uncooked portion to flow under. When omelet is set but still glossy, top with vegetable mixture and cook 2 minutes longer. Loosen with spatula, fold over and turn onto platter. Makes 3 servings.

Sausage and Apple Skillet

6 small link sausages
1 medium apple, peeled, cored and cut in wedges
1 package (10 oz.) BIRDS EYE Pennsylvania Dutch Style Vegetables
2 tablespoons margarine
3 tablespoons water

Brown sausages in hot skillet; pour off all but 1 tablespoon sausage fat. Add apple wedges to skillet and sauté until tender and lightly browned. Set aside topping packet. Add margarine, water and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork, and stirring occasionally. Reduce heat; cover and simmer 3 minutes. Sprinkle on topping. Makes 3 servings.
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