



Cooking Directions Dictation

1. Heat oil in non-stick pan over medium heat. Add onion and red pepper.
2. Stir in water and seasoning mix. Bring to a boil.
3. Add chicken or turkey breast strips and cook stirring occasionally.
4. Top as desired with cheese, tomato, lettuce, sour cream and salsa.
5. Once the rice is tender remove from the stove and mix in raisins.
6. Heat butter or margarine in a skillet and sauté mushrooms and onions.
7. Serve with your own white wine sauce, lobster sauce or herb sauce.
8. Reduce heat to simmer and cook 15 to 20 minutes. Serve at once.
9. Fill the taco shell with the seasoned meat.
10. Add all remaining ingredients and bring to a boil.
11. Add the milk to the crumb mixture and roll into balls.
12. Spread the dough in the greased pan with a spatula.
13. Pour the chocolate mixture over the glazed fruit.
14. Chill for two hours before serving.
15. Combine and cook very slowly over low heat.

