

INSTANT ASIAN BEEF SOUP

Servings: 6 • Prep time: 5 minutes • Cook time: 10 minutes • Difficulty: Easy

This tasty soup uses pantry friendly ingredients and can be made in less than 15 minutes for a nutritious lunch entrée or a hearty afternoon snack!



INGREDIENTS

- 6 cups sodium-reduced beef broth
- 1 TBSP minced fresh ginger
- 2 cups Janes Beef MealMakers Carved Beef Strips
- 2 cups Asian-style frozen mixed vegetables
- 6 frozen vegetable dumplings or pot-stickers (optional)
- ¼ cup chopped fresh coriander
- Lime wedges and Thai sweet chili sauce (optional)

DIRECTIONS

Bring the broth and ginger to a boil in a large saucepan. Add beef, vegetables and dumplings (if using). Cook for 5 minutes or until beef and vegetables are heated through. Stir in the coriander. Serve with lime wedges and Thai sweet chili sauce (if using).

FAMILY SIZE CHICKEN CLUB MUFFALETTA

Servings: 4 to 6 • Prep Time: 15 minutes • Cook Time: 15 minutes

INGREDIENTS

- 6 Janes Chicken Breast Fillets
- 1 Soft, round, dark pumpnickel loaf, about 1 lb (500 g)
- ½ cup light mayonnaise
- 3 TBSP each finely chopped red onion & fresh dill
- 3 TBSP honey mustard
- 2 cups shredded leafy green or iceberg lettuce
- 4 slices Cheddar or Swiss cheese (approx.)
- 6 cooked slices bacon
- 1 large, ripe tomato, sliced

DIRECTIONS

1. Prepare the chicken according to package directions. Meanwhile, slice a round cap from the

top of the loaf; reserve. Hollow out the inside of the loaf to make a bread bowl. (Reserve the inner bread to use for another purpose.)

2. Stir the mayonnaise with the red onion, dill and honey mustard until well combined. Spread all but 2 tbsp (30 mL) of the mayonnaise mixture evenly over the bottom and sides of the bread bowl; reserve remaining mixture.

3. Scatter the lettuce in an even layer on the bottom of the bowl; top with cheese, bacon and tomato. Arrange chicken over the tomatoes (trim to fit as needed). Spread the reserved mayo mixture on the cut side of the bread cap and place on sandwich; secure with toothpicks and cut into 4 or 6 portions.

> See the Chicken Club Muffaletta on page 41.

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