

Cooking Corner Tips To Help You

Time-Saving Solutions For Home-Cooked Meals Bring Comfort Foods Back To The Table

(NAPSA)—There's just something about the crisp, cool air and shorter days that bring out the natural tendency to nest and gravitate towards comfort foods. But this urge for favorite warming meals like soups and stews must be balanced with demanding routines that include long days at work and chores on the home front.

Even with increasingly busy schedules, research has shown Americans don't want to skimp on the food they provide for their families. Recognizing that today's way of multitasking has changed how we think about meal preparation, several companies have created products that allow consumers to easily indulge in satisfying comfort foods even on the most time-crunched days. Available nationwide, *Tyson®* refrigerated fully cooked chicken and steak strips are the perfect mealtime fix. Time usually spent on meal preparation can now be spent with the family.

"Families get tremendous benefits from sitting down together at the end of the day and sharing a meal. Even when our schedules are busy, we can make time for this important ritual," noted Miriam Weinstein, author of *The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier, and Happier*. "Luckily, there are many products in the grocery store that help us assemble home-cooked meals in a short amount of time."

The next time your family craves comfort food, impress them



Chicken Pot Pie easily satisfies the cold weather urge for comfort foods.

with a wholesome and delicious Chicken Pot Pie. For more convenient recipes like this one, please visit www.tyson.com.

Chicken Pot Pie

- 1 package Tyson Refrigerated Fully Cooked Roasted Diced Chicken Breast**
- 1 can mixed vegetables, 16 oz., drained**
- 1 can cream of chicken soup**
- 1 cup milk**
- 1 can refrigerated buttermilk biscuits, 12 oz.**

1. Preheat oven to 400°F. Combine chicken, vegetables, soup and milk in medium bowl. Pour into medium-sized casserole dish. Top with unbaked biscuits.

2. Bake casserole 12 to 15 minutes or until filling is bubbly and biscuits are golden brown.

Serving Suggestion: Spoon onto individual serving plates. Serve with a tossed salad. Refrigerate leftovers.