

Salmon Supper

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Cooking time (minutes):

3 Microwave

8 or Wok

cups

Yield:	cups	16	12	9	4
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4.3

Salmon	can	cups	4	3	2	1	0.8
Soup, Cream Mushroom	can	cups	4	3	2	1	0.8
Vegetables, frozen	diced	cups	4	3	2	1	0.8
Green Beans, frozen		cups	4	3	2	1	0.8
Potatoes, refig	bitesize	cups	4	3	2	1	0.8
Onion, chopped		cups	1	3/4	1/2	1/4	0.3

3 Add to bowl & Mix

Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add ingredients to wok

8 Cook until heated - about 8 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months