



AMALIA'S HELPER

Here's how to prepare Amalia's Helper



- _____1. Get grated parmesan cheese
Get cream of celery soup
Get water
Get minced garlic
Get just cooked and drained whole wheat rigatone or penne pasta
Get ground turkey
Get olive oil
Get skillet
Get spatula
Get pot
Get large spoon
Get wooden spoon
Get measuring cup
Get measuring spoon
Get can opener
Get scale



- _____2. Put skillet on stove



____3. Turn on stove to medium



____4. Measure olive oil



____5. Put olive oil into skillet



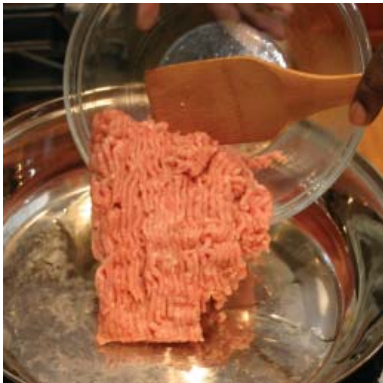
____6. Measure garlic



____7. Put garlic in skillet



____8. Measure ground turkey



____9. Put ground turkey into skillet



____10. Cook ground turkey until brown, stir frequently



____11. Turn off stove



____12. Put pot with cooked pasta on stove



____13. Put cooked ground turkey into pot



____14. **Careful!** Open can of soup



____15. Put soup into pot



____16. Measure water in soup can



____17. Put water into pot



____18. Turn stove on to medium



_____19. Stir frequently until well mixed and starts to boil



_____20. Turn off stove



_____21. Put mixture into bowl



_____22. Measure cheese



_____23. Put cheese on mixture



_____24. Voila!