

One Dinner, Different Tastes

12 family dinners. One shared preparation. Three ways to serve it.

12 complete dinners · US measurements · Printable recipe cards

12

A companion to The Ultimate Dry Mix Pantry Cookbook

Joanna Halstead

A little preparation. A calmer dinner.

A bowl that looks inviting to one person can feel too mixed, too saucy or too spicy to another. These dinners keep the main preparation shared while leaving a few decisions for the table: which components touch, how much sauce to add and where the stronger flavors go.

Each dinner serves four. Start with the complete ingredient lists, cook the common components, then choose a finish for each person. The gentle, bolder and separate options are alternatives for one serving; they do not require making three full recipes.

These companion versions use the flavors of The Ultimate Dry Mix Pantry Cookbook, with some ingredients and cooking steps adapted so the components can stay separate. Assemble the dry ingredients as listed here. If a cookbook jar is already mixed, you cannot remove its seasonings or starch; use the cookbook instructions for that jar instead.

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Set yourself up well.

01 Read the three finish options before shopping. Buy only the optional toppings your household wants; all base ingredients are listed for four servings.

02 Pack pasta or rice separately from any seasoning packet where the recipe says to. Keep dry ingredients airtight and follow the earliest applicable ingredient date and package storage directions. Keep dairy, meat, vegetables and other perishable additions refrigerated or frozen as appropriate. Sun-dried tomatoes must be dry-packed, not oil-packed; follow their opened-package instructions, including refrigeration when required.

03 Choose mild chili powder for the common bases. The gentle option keeps extra heat out, but a seasoned base still tastes of its listed spices.

04 Reserve separate portions at the stated step, before tossing in sauce, vegetables or toppings. A small bowl or cup keeps sauce optional without requiring a second dinner.

05 Every finish quantity is for ONE serving. Double a finish for two people; do not multiply the base recipe unless you also want more than four servings.

06 Times include preparation, cooking and the stated rice rest, with components cooked in parallel. Package directions, pan size and ingredient temperature can change the time; use tenderness and the stated food temperatures as the final checks.

Store, thaw & serve.

Use a food thermometer: raw ground beef must reach 160 F; chicken must reach 165 F. Heat previously cooked chicken and other leftovers to 165 F.

Keep raw chicken and its utensils separate from cooked food and table sauces. Wash hands and surfaces after handling raw meat. Use clean plates and utensils for cooked portions.

Refrigerate cooked food, including rice, in shallow containers within 2 hours, or within 1 hour when the temperature is above 90 F. Keep the refrigerator at 40 F or below.

Use refrigerated leftovers within 3-4 days. Reheat to 165 F, adding a small splash of water or broth if needed; bring sauces and soups to a rolling boil when reheating.

Check ingredient labels for your household's allergens. Dairy, wheat, egg, soy, sesame and other allergens appear in different bases or finishes; separate serving does not make a dish allergen-free.

A note for your kitchen

Use the ingredient types and quantities listed on each card. Check package labels, use clean equipment, and follow the cooking method through to its texture and temperature checks. Keep the recipe with its matching kit.

01 Taco Rice, Your Way

A family-table version of cookbook recipe 111.

4 servings | 40-45 minutes, including a 5-minute rice rest

Dry ingredients for the whole dinner

1 cup long-grain white rice; pack separately from the seasoning

Seasoning packet: 1 tbsp dried minced onion, 2 tsp mild chili powder, 1 tsp ground cumin, 1/2 tsp garlic powder

Add when cooking

1 lb ground beef

1 3/4 cups low-sodium beef broth, plus up to 1/4 cup if needed

One 14.5-oz can diced tomatoes, drained

1 cup frozen corn

1/2 cup water for the beef; 2 tbsp water for the corn

1/2 cup shredded cheddar; optional individual finishes below

Cook once; keep the choices open

1. Bring the broth and rice to a boil in a covered saucepan. Reduce to low, cover, and cook 18-22 minutes, until the rice is tender and the liquid is absorbed. If firm, add up to 1/4 cup hot broth and cook covered 5 minutes more. Rest off the heat, covered, for 5 minutes.

2. Meanwhile, brown the beef in a skillet over medium-high heat, breaking it up, about 8-10 minutes. Drain excess fat. Stir in the seasoning packet and 1/2 cup water; simmer 4-5 minutes. Check that the beef reaches 160 F.

3. Heat the corn with 2 tbsp water in a small covered saucepan for 4-6 minutes, or as directed on its package. Drain. Warm the tomatoes separately in a small saucepan for 3-4 minutes.

4. Before combining anything, set out the rice, beef, corn, tomatoes and cheese separately. Divide each component into four portions. Let diners build their own bowls.

Choose a finish - amounts for ONE serving

Gentle: Top one portion of rice and beef with its 2 tbsp cheddar. Offer its corn and tomatoes on the side; add 1 tbsp plain yogurt if desired.

Bolder: Add 1 tsp hot sauce, 1 tbsp drained pickled jalapenos and 1 tsp lime juice to one assembled bowl.

Separate components: Use one-fourth each of the rice, beef, corn and tomatoes in distinct piles, with 2 tbsp cheddar alongside. The beef remains mildly taco-seasoned; the rice has no tomato sauce.

02 Creamy Chicken Pasta with Peas on the Side

A family-table version of cookbook recipe 115.

4 servings | 30-35 minutes

Dry ingredients for the whole dinner

8 oz short dry pasta

1 tbsp dried minced onion, 1/2 tsp dried thyme, 1/4 tsp black pepper; keep together in a packet

1 tbsp cornstarch, in a separate packet

Add when cooking

12 cups water for cooking pasta

1 cup cold milk

1 cup low-sodium chicken broth, divided

2 cups cooked diced chicken

1 cup frozen peas; 2 tbsp water for heating them

Optional individual finishes below

Cook once; keep the choices open

1. Bring the pasta water to a boil. Cook the pasta according to its package, usually 8-12 minutes; drain. Keep it separate from the sauce.

2. While the pasta cooks, simmer 1/2 cup broth with the onion, thyme and pepper in a small saucepan for 4 minutes. Whisk the cornstarch into the cold milk, then whisk into the broth. Bring to a gentle bubble, stirring, and cook 1-2 minutes until lightly thickened.

3. Heat the cooked chicken with the remaining 1/2 cup broth in a covered skillet, stirring occasionally, until the chicken reaches 165 F, about 5-8 minutes. Lift it out with a slotted spoon. Heat the peas with 2 tbsp water according to their package, then drain.

4. Reserve one-fourth each of the pasta, chicken and peas for every separate plate before tossing any remaining portions with sauce. Divide the sauce equally among all four portions, using a small cup for anyone who wants it separate.

Choose a finish - amounts for ONE serving

Gentle: Toss one portion of pasta with its sauce and chicken. Add 1 tbsp grated Parmesan; serve the peas beside it.

Bolder: Stir 1 tsp Dijon mustard and 1 tsp lemon juice into one portion of sauce. Finish that plate with 1 tbsp chopped parsley.

Separate components: Plate one-fourth of the pasta, 1/2 cup chicken and 1/4 cup peas separately, with one-fourth of the sauce in a dipping cup.

03 Garlic Parmesan Pasta with White Beans

A family-table version of cookbook recipe 117.

4 servings | 30-35 minutes

Dry ingredients for the whole dinner

8 oz short dry pasta

1 tsp garlic powder, 1 tsp dried parsley and 1/4 tsp black pepper; pack separately from pasta

2 tsp cornstarch, in a separate packet

Add when cooking

12 cups water for cooking pasta; reserve 1/2 cup before draining

1 cup milk

2 tbsp butter, divided

3/4 cup freshly grated Parmesan

Two 15-oz cans white beans, drained and rinsed

2 cups baby spinach, washed; 1/4 cup water for beans

Optional individual finishes below

Cook once; keep the choices open

1. Cook the pasta in boiling water according to its package. Reserve 1/2 cup cooking water, then drain. Do not add the spinach or beans to the pasta pot.

2. Whisk the cornstarch into the cold milk. Melt 1 tbsp butter in a small saucepan, then add the milk mixture and dry seasoning. Stir over medium heat until gently bubbling and slightly thickened, 3-4 minutes. Remove from the heat and stir in the Parmesan a little at a time. Thin with 2-4 tbsp reserved pasta water if needed.

3. Warm the beans with 1/4 cup water in a covered saucepan for 5-7 minutes; drain. Melt the remaining 1 tbsp butter in a skillet and wilt the spinach for 1-2 minutes.

4. Keep the four components separate until serving. Divide each into four portions; combine only the portions whose diners want everything mixed. Keep cheese sauce off the heat to prevent it becoming grainy.

Choose a finish - amounts for ONE serving

Gentle: Combine one portion of pasta and sauce. Spoon its beans and spinach beside it. The Parmesan already supplies the finishing flavor.

Bolder: Add 1 tsp lemon juice, 1 tbsp sliced olives and 1/8 tsp crushed red pepper to one assembled portion.

Separate components: Serve one-fourth each of the pasta, beans and wilted spinach in separate sections, with one-fourth of the Parmesan sauce in a small cup.

04 Chicken, Rice and Garden Vegetables

A family-table version of cookbook recipe 118.

4 servings | 40-45 minutes, including a 5-minute rice rest

Dry ingredients for the whole dinner

1 cup long-grain white rice

1 tbsp dried minced onion, 1/2 tsp dried thyme, 1/4 tsp garlic powder and 1/4 tsp black pepper

Add when cooking

2 1/4 cups low-sodium chicken broth, divided, plus up to 1/4 cup if rice needs it

1 tbsp butter

2 cups cooked diced chicken

1 1/2 cups frozen peas and carrots

2 tbsp water for the vegetables; optional individual finishes below

Cook once; keep the choices open

1. Bring 1 3/4 cups broth, the butter, rice and dry seasonings to a boil. Cover and simmer on low for 18-22 minutes, until the rice is tender. If needed, add up to 1/4 cup hot broth and cook covered 5 minutes more. Remove from heat and rest covered for 5 minutes.

2. While the rice cooks, heat the chicken with the remaining 1/2 cup broth in a covered skillet, stirring occasionally, until it reaches 165 F, about 5-8 minutes. Keep it out of the rice pot.

3. Heat the vegetables with 2 tbsp water in a covered saucepan according to their package directions. Drain. Keep the chicken and vegetables separate until everyone has chosen a plate.

4. Divide the rice into four portions. Give each portion 1/2 cup chicken and one-fourth of the vegetables, either folded into the rice or arranged beside it.

Choose a finish - amounts for ONE serving

Gentle: Add 1 tsp butter to one portion of hot herbed rice. Serve the chicken and vegetables beside it.

Bolder: Finish one assembled bowl with 1 tsp Dijon mustard mixed with 2 tsp lemon juice, plus 1 tbsp chopped parsley.

Separate components: Keep the herbed rice, 1/2 cup chicken and one-fourth of the vegetables in distinct sections. The rice stays seasoned, but contains no mixed-in chicken or vegetables.

05 Beef and Noodles with a Creamy Finish

A family-table version of cookbook recipe 123.

4 servings | 35-40 minutes

Dry ingredients for the whole dinner

8 oz dry egg noodles

1 tbsp dried minced onion, 1 tsp paprika, 1/2 tsp garlic powder and 1/4 tsp black pepper; keep in a packet

2 tsp cornstarch, in a separate packet

Add when cooking

12 cups water for noodles

1 lb ground beef

1 cup low-sodium beef broth

1/2 cup sour cream

1 cup frozen peas; 2 tbsp water for heating them

Optional individual finishes below

2 tbsp cold water for the cornstarch

Cook once; keep the choices open

1. Cook the egg noodles in boiling water according to their package, generally 6-10 minutes. Drain and keep separate.

2. Meanwhile, brown the beef in a large skillet over medium-high heat, breaking it up, for 8-10 minutes. Drain excess fat. Stir in the dry seasonings and broth; simmer 5 minutes. Confirm that the beef reaches 160 F.

3. Transfer the beef with a slotted spoon to a serving bowl, keeping it separate. Whisk the cornstarch into 2 tbsp cold water, then into the hot cooking liquid. Bring to a gentle bubble and stir 1 minute. Remove from heat, wait 1 minute, then whisk in the sour cream; do not boil again. Reserve one-fourth of the beef for each separate plate before combining any remaining beef with sauce.

4. Heat the peas with 2 tbsp water according to the package and drain. Divide noodles, beef, peas and sauce equally among four plates; combine only the requested portions.

Choose a finish - amounts for ONE serving

Gentle: Use one portion each of noodles, beef and sauce. Offer its peas beside it; no extra seasoning is needed.

Bolder: Stir 1 tsp Dijon mustard into one serving of sauce and add 1 tbsp chopped dill pickles at the table.

Separate components: Arrange one-fourth each of noodles, drained seasoned beef and peas separately, with one-fourth of the sauce in a cup. Reserve the beef before adding the sour cream.

06 Build-Your-Own Pinto Bean Tacos

A family-table version of cookbook recipe 125.

4 servings | 30-35 minutes

Dry ingredients for the whole dinner

2 tbsp dried minced onion, 1 tsp ground cumin, 1/2 tsp garlic powder and 1/2 tsp dried oregano

2 tsp mild chili powder, in a separate packet

Add when cooking

Two 15-oz cans pinto beans, drained and rinsed

One 14.5-oz can diced tomatoes, undrained

1 cup frozen corn

1/2 cup water for beans; 2 tbsp water for corn

3/4 cup shredded cheddar

8 small tortillas; optional individual finishes below

Cook once; keep the choices open

1. Put the onion, cumin, garlic and oregano in a saucepan with the beans and 1/2 cup water. Simmer gently, stirring occasionally, for 8-10 minutes. Keep the chili powder out of this pan.

2. In a separate saucepan, combine the canned tomatoes and chili powder. Simmer uncovered for 10-12 minutes, stirring occasionally, until spoonable rather than watery. This is the sauce, not part of the bean base.

3. Heat the corn with 2 tbsp water as its package directs; drain. Warm the tortillas in a dry skillet for 15-30 seconds per side, or as directed on the package.

4. Set out beans, tomato sauce, corn, cheese and tortillas separately. Each serving gets one-fourth of the beans, sauce and corn, 3 tbsp cheese and 2 tortillas.

Choose a finish - amounts for ONE serving

Gentle: Fill two tortillas with one portion of beans and 3 tbsp cheese. Offer the corn and chili-tomato sauce on the side; add 1 tbsp plain yogurt if desired.

Bolder: Add 1 tbsp chopped pickled jalapenos and 1 tsp lime juice to one portion of beans, then spoon over its sauce.

Separate components: Serve the two tortillas unfilled, with one-fourth each of the beans, corn and tomato sauce in separate piles or cups, plus 3 tbsp cheese.

07 Chili Bean Potato Bar

A family-table version of cookbook recipe 129.

4 servings | 75-85 minutes with oven-baked potatoes; 35-40 minutes with already-baked hot potatoes

Dry ingredients for the whole dinner

1 tbsp dried minced onion, 1 tsp ground cumin, 1/2 tsp dried oregano and 1/4 tsp garlic powder

1 tbsp mild chili powder, in a separate packet

Add when cooking

4 medium russet potatoes, about 8 oz each, scrubbed

Two 15-oz cans kidney beans, drained and rinsed

One 28-oz can crushed tomatoes

1 bell pepper, diced

1 tbsp olive oil

3/4 cup water, divided; optional individual finishes below

Cook once; keep the choices open

1. Heat the oven to 425 F. Pierce each potato several times with a fork, place on a baking sheet and bake 50-65 minutes until a knife slides into the center easily. Larger potatoes can take longer. If using already-baked potatoes, reheat them thoroughly instead; cold leftovers must reach 165 F.

2. During the last 25 minutes of potato cooking, heat the oil in a skillet. Cook the bell pepper for 5-7 minutes, then transfer it to a serving bowl. In the same skillet, simmer the tomatoes, chili powder and 1/2 cup water for 12-15 minutes.

3. In a separate saucepan, warm the kidney beans with the onion, cumin, oregano, garlic and remaining 1/4 cup water for 8-10 minutes. Keep the beans out of the tomato sauce until serving.

4. Split the potatoes. Divide the beans, tomato sauce and bell pepper into four portions. Build each potato at the table; reserve uncombined portions for anyone who wants the toppings alongside.

Choose a finish - amounts for ONE serving

Gentle: Top one potato with its beans and 2 tbsp shredded cheddar. Offer that serving of tomato sauce and pepper beside it.

Bolder: Top one potato with its beans, sauce and pepper, then add 1 tsp hot sauce and 1 tbsp sliced scallion.

Separate components: Serve one split potato with one-fourth each of the seasoned beans, tomato sauce and cooked pepper in separate piles or small bowls.

08 Pizza Pasta at the Family Table

A family-table version of cookbook recipe 134.

4 servings | 35-40 minutes

Dry ingredients for the whole dinner

8 oz short dry pasta

1 tsp dried oregano, 1 tsp dried basil, 1/2 tsp garlic powder and 1/4 tsp black pepper; pack separately from pasta

Add when cooking

12 cups water for pasta

One 15-oz can tomato sauce

1/2 cup low-sodium vegetable broth

1 bell pepper, diced

1 tbsp olive oil

1/2 cup sliced ready-to-eat pepperoni

1 cup shredded mozzarella; optional individual finishes below

Cook once; keep the choices open

1. Cook the pasta in boiling water according to its package; drain. Keep it out of the sauce pan.

2. Combine the tomato sauce, broth and dry herbs in a small saucepan. Simmer gently for 10-12 minutes, stirring occasionally. In a skillet, heat the oil and cook the bell pepper for 6-8 minutes until tender; transfer to a serving bowl.

3. Warm the ready-to-eat pepperoni in the empty skillet for 1-2 minutes. Keep the pasta, sauce, pepper, pepperoni and cheese in separate containers for serving.

4. Divide everything into four portions. Toss only the requested pasta portions with sauce. Add 1/4 cup mozzarella to each hot portion and cover its bowl for 1 minute to soften the cheese.

Choose a finish - amounts for ONE serving

Gentle: Toss one portion of pasta with its sauce and 1/4 cup mozzarella. Serve its pepper and pepperoni on the side.

Bolder: Add 1 tbsp sliced olives and 1/8 tsp crushed red pepper to one assembled bowl.

Separate components: Plate one-fourth of the pasta plain, with its sauce in a cup, one-fourth of the pepper, 2 tbsp pepperoni and 1/4 cup mozzarella alongside. The pasta is reserved before adding tomato sauce.

09 Herbed Rice, Chickpeas and Vegetables

A family-table version of cookbook recipe 138.

4 servings | 40-45 minutes, including a 5-minute rice rest

Dry ingredients for the whole dinner

1 cup long-grain white rice

1 tbsp dried minced onion, 1 tsp dried parsley, 1/2 tsp dried thyme and 1/4 tsp black pepper

Add when cooking

2 cups low-sodium vegetable broth, divided, plus up to 1/4 cup if rice needs it

1 tbsp olive oil

Two 15-oz cans chickpeas, drained and rinsed

2 cups frozen mixed vegetables

2 tbsp water for vegetables; optional individual finishes below

Cook once; keep the choices open

1. Bring 1 3/4 cups broth, oil, rice and dry seasonings to a boil in a saucepan. Cover, reduce to low and cook 18-22 minutes, until tender. If still firm, add up to 1/4 cup hot broth and cook covered 5 minutes more. Rest off the heat, covered, for 5 minutes.

2. Meanwhile, warm the chickpeas with the remaining 1/4 cup broth in a small saucepan for 6-8 minutes, stirring occasionally. Heat the vegetables with 2 tbsp water in another covered saucepan according to their package.

3. Drain excess liquid from the chickpeas and vegetables. Keep both out of the rice pot until serving, and divide all three components into four portions.

4. Let diners combine their portions or keep them separate. The common rice base is herbed; individual finishes below add contrasting flavors without changing the whole pan.

Choose a finish - amounts for ONE serving

Gentle: Add 1 tsp butter to one portion of hot rice. Serve its chickpeas and vegetables beside it.

Bolder: Mix 1 tbsp tahini with 2 tsp lemon juice and 2 tsp water; drizzle over one assembled bowl. If too thick, add another 1 tsp water.

Separate components: Arrange one-fourth each of the herbed rice, chickpeas and vegetables in separate sections. Offer a chosen dressing in a cup rather than mixing it through.

10 Black Bean and Corn Rice Bowls

A family-table version of cookbook recipe 139.

4 servings | 40-45 minutes, including a 5-minute rice rest

Dry ingredients for the whole dinner

1 cup long-grain white rice

1 tbsp dried minced onion, 1 tsp ground cumin, 1/2 tsp dried oregano and 1/4 tsp garlic powder

Add when cooking

2 cups low-sodium vegetable broth, divided, plus up to 1/4 cup if rice needs it

1 tbsp olive oil

Two 15-oz cans black beans, drained and rinsed

1 cup frozen corn

2 tbsp water for corn; optional individual finishes below

Cook once; keep the choices open

1. Bring 1 3/4 cups broth, oil, rice and dry seasonings to a boil. Cover and simmer on low for 18-22 minutes. If the rice is firm, add up to 1/4 cup hot broth and cook covered 5 minutes more. Rest off the heat, covered, for 5 minutes.

2. Warm the black beans with the remaining 1/4 cup broth in a separate saucepan for 6-8 minutes. Heat the corn with 2 tbsp water according to its package; drain.

3. Before mixing any bowl, divide the rice, beans and corn into four portions. Keep separate portions in their own serving containers so each person can choose the combination.

4. Serve promptly. Add the individual finishing ingredients only after the portions are divided; the shared rice already contains cumin and herbs.

Choose a finish - amounts for ONE serving

Gentle: Add 2 tbsp shredded Monterey Jack to one portion of hot rice. Spoon its beans and corn alongside.

Bolder: Top one assembled bowl with 1 tsp lime juice, 2 tbsp salsa and 1 tbsp chopped cilantro.

Separate components: Arrange one-fourth of the seasoned rice, one-fourth of the beans and 1/4 cup corn separately; serve any salsa in a small cup.

11 Tuscan White Bean Pasta, Mixed or Separate

A family-table version of cookbook recipe 174.

4 servings | 35-40 minutes

Dry ingredients for the whole dinner

8 oz short dry pasta

1/4 cup dry-packed sun-dried tomatoes, finely snipped; keep separate from pasta and follow their opened-package storage directions

1 tsp dried basil, 1/2 tsp garlic powder and 1/4 tsp black pepper

Add when cooking

12 cups water for pasta; reserve 1/2 cup before draining

1 cup low-sodium vegetable broth, divided

1/2 cup heavy cream

Two 15-oz cans white beans, drained and rinsed

3 cups baby spinach, washed

1 tbsp olive oil

1/2 cup grated Parmesan; optional individual finishes below

Cook once; keep the choices open

1. Cook the pasta in boiling water according to its package. Reserve 1/2 cup cooking water, then drain. Keep the pasta separate from the sun-dried tomatoes.

2. Simmer the snipped tomatoes and dry seasonings in 3/4 cup broth for 8-10 minutes, until the tomatoes soften. Stir in the cream and warm gently for 2-3 minutes. Remove from heat and stir in the Parmesan. Thin with 1-2 tbsp reserved pasta water if needed.

3. Warm the beans with the remaining 1/4 cup broth in a separate saucepan for 5-7 minutes; drain. Heat the oil in a skillet and wilt the spinach for 1-2 minutes.

4. Divide pasta, sauce, beans and spinach into four portions before mixing. For a separate plate, keep the tomato-cream sauce in a small cup; its sun-dried tomato pieces are part of the sauce.

Choose a finish - amounts for ONE serving

Gentle: Toss one portion of pasta with its tomato-cream sauce. Offer the beans and spinach beside it.

Bolder: Add 1 tbsp drained capers and 1 tsp lemon juice to one assembled portion, plus 1/8 tsp crushed red pepper if desired.

Separate components: Serve one-fourth each of the plain pasta, beans and spinach separately, with one-fourth of the tomato-cream sauce in a cup. The pasta is reserved before the sauce is added.

12 Teriyaki Chicken Bowl with Sauce on the Side

A family-table version of cookbook recipe 175.

4 servings | 45-50 minutes, including a 5-minute rice rest

Dry ingredients for the whole dinner

1 cup long-grain white rice

Sauce packet: 1/2 tsp ground ginger, 1/2 tsp garlic powder, 1 tbsp brown sugar and 1 tbsp cornstarch

Add when cooking

1 3/4 cups water for rice, plus up to 1/4 cup hot water if needed

1 lb boneless, skinless chicken breast, cut into 1-inch pieces

1 tbsp neutral oil

3 cups small broccoli florets

1/4 cup reduced-sodium soy sauce

3/4 cup cold water for sauce

1 tbsp rice vinegar

1/4 cup water for steaming broccoli; optional individual finishes below

Cook once; keep the choices open

1. Bring the rice and 1 3/4 cups water to a boil. Cover and simmer on low for 18-22 minutes. If still firm, add up to 1/4 cup hot water and cook covered 5 minutes more. Rest covered, off the heat, for 5 minutes.

2. Whisk the sauce packet into the cold sauce water, soy sauce and vinegar in a small saucepan. Bring to a gentle boil, whisking, and cook 1-2 minutes until thickened. Keep this sauce separate from the raw chicken.

3. Heat the oil in a skillet over medium-high heat. Add the chicken in one layer and cook, turning, for 8-12 minutes until a thermometer reads 165 F in the thickest pieces. Use clean utensils to transfer it to a serving dish.

4. Steam the broccoli with 1/4 cup water in a separate covered saucepan for 4-6 minutes, until tender; drain. Divide rice, cooked chicken, broccoli and sauce into four portions. Reserve separate plates before spooning sauce over any bowls.

Choose a finish - amounts for ONE serving

Gentle: Spoon 1 tbsp of that serving's sauce over its chicken; offer the rest in a cup with the rice and broccoli.

Bolder: Mix 1 tsp sriracha and 1/2 tsp toasted sesame oil into one portion of sauce. Add 1 tbsp sliced scallion to that bowl.

Separate components: Plate one-fourth each of the plain rice, cooked chicken and broccoli separately, with one-fourth of the teriyaki sauce in a cup. No sauce goes on the chicken until after it is cooked and portioned.

Helpful references.

Food-handling guidance draws on the sources below. Recipe-specific ingredient choices and cooking instructions appear on each card.

The Ultimate Dry Mix Pantry Cookbook by Joanna Halstead - source recipes 111, 115, 117, 118, 123, 125, 129, 134, 138, 139, 174 and 175

FoodSafety.gov - Safe Minimum Internal Temperatures

USDA FSIS - How Do I Handle Leftovers Safely?

CDC - Preventing Food Poisoning

USDA FSIS - What Methods of Reheating Food Are Safe?

Your original cookbook

Open The Ultimate Dry Mix Pantry Cookbook on Google Drive