

Mrs. Lehman's
CANNED MEAT
Cookbook

LEHMAN'S[®]



At Lehman's, we stand for a simple life. Why live a simpler life? You'll feel the satisfaction and fulfillment it brings as you slow down and savor life's simple pleasures. Simpler products with honest ingredients are easier to understand. Quality tools bring pleasure to your creative work. Simpler values are sustainable so you are prepared for challenges. And, it's all upheld by strong relationships with companions, community and kin.

A simple life is satisfying:

Sometimes, the better choice requires a bit more time or a bit more effort. But it's worth it. Few things are more rewarding and meaningful than saying, "I did it."

A simpler life is understandable:

Complicated information that's hard to understand blinds us to reality. Making sure we know the truth also means giving ourselves choices that are understandable.

A simpler life is sustainable:

Nothing is more sustainable than human-powered activity, quality tools that can be repaired by their owners and ingredients that come from places you know.

A simpler life is comforting:

Invest in relationships with community, companions and kin. Share a meal together and enjoy the conversation and engagement.

A simpler life is being prepared:

Make sure you have what you need in your house to carry you over the things that inconvenience others. Fill your garden, your pantry and your refrigerator.

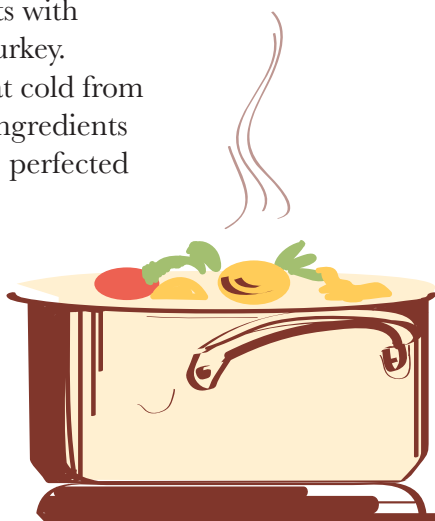
INTRODUCTION

For 35 years, Mrs. Lehman has been working her kitchen magic. Now we've collected 18 of her favorite recipes. Every one has been tasted and approved by Lehman's president, Galen Lehman.

These are quick and easy recipes with amazing homemade flavor. Using Lehman's canned meat eliminates all the time and work of pre-cooking and deboning, but still gives that “made from scratch” mouthwatering goodness.

Most can be made in less than an hour, many in less than 15 minutes. They range from everyday comfort food to meals that will wow and amaze the most discriminating house guests. There's fun party food for bowl games (like our No Pull Pulled Pork). Or, healthy entrees like Turkey Pear Salad.

What's the secret? Each recipe starts with Lehman's Chicken, Beef, Pork or Turkey. Perfectly cooked, they're ready to eat cold from the can. But, when you add a few ingredients you create amazing original recipes, perfected right in Mrs. Lehman's kitchen!



How to use this cookbook

To help you use this cookbook, we've divided it into three sections.

★ Appetizers • **Pages 6-7**

★ Soups Salads and Sandwiches • **Pages 8-13**

★ Entree's • **Pages 14-25**

Every recipe is delicious! But, some recipes have things that are especially good about them. They may be easy and fast, or your favorite comfort food, or a treasured dinner recipe that you can use to impress a special guest. We've marked each recipe with one or more icons to indicate what makes it special.



Party food is food that's fun to eat and ideal for laying out in a buffet-spread that folks can pick at while they talk or watch the game.



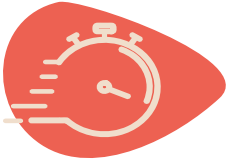
Every family has meals they like to gather around and eat on cold winter nights. Or, it may be what you eat together, when you are not only sharing a table but sharing love, empathy and support. We marked our favorites with this icon, representing the safety and comfort that grows out of a loving meal together.



Now and then, you welcome a guest to your home that you'd love to impress. The meals marked with our hands-to-heart logo are what we serve when far away but much loved relatives stop in, or when we have special friends over, or when important people from our church or community come for dinner.



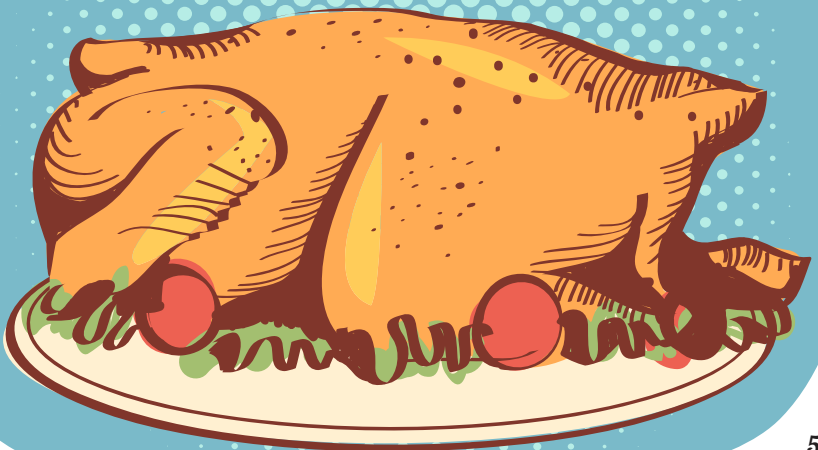
Some of the recipes in this cookbook are for long-time Lehman family favorites. Generations of our family have named these dishes over and over as their most memorable and best loved dish. We marked each of our favorites with this family dinner plate logo.



A perfect meal doesn't have to take hours to prepare. It just has to taste like it did! All the recipes in this book will taste like they came from a chef's kitchen. But, many will take less than 20 minutes time, from start to finish. We marked all the "fast-friendly" meals with our stopwatch icon.



You can even make a healthy meat dish! Try our Turkey Pear Pair Salad. Healthy can be delicious, too!



APPETIZERS

Buffalo Chicken Wing Dip



Prep time, 10 minutes (plus 45 minutes cooking time)

Serves 8-10

Ingredients

- * 3 cups Lehman's Chicken, diced and drained
 - * 2 – 8 oz cream cheese
 - * 8 oz cheddar cheese
 - * 1 cup ranch dressing
 - * 12 oz Franks Red Hot buffalo wing sauce
-

Cream the cream cheese. Add the ranch dressing and buffalo sauce. Mix well. Fold in cheddar and chicken. Put mixture in a greased 9"x13" casserole pan. Bake at 350 degrees for 45 minutes. Serve warm with tortilla chips or scoops.

Fun Fact

This is a favorite snack for the Lehman family to enjoy while watching their beloved Cleveland sports teams, the Tribe and the Browns.



SOUP, SALAD, AND SANDWICHES

Pork Reuben Sandwiches



Prep time, 15 minutes (plus 15 minutes cooking time)

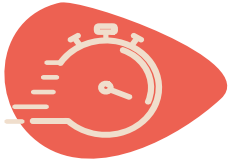
Serves 6

Ingredients

- * 1 – 28 oz Lehman's Pork
 - * 12 slices Swiss cheese
 - * ½ cup Thousand Island dressing
 - * 1½ cups sauerkraut, rinsed and drained
 - * 12 slices rye or Italian bread
-

Heat and shred the pork. Drain and add the Thousand Island dressing. Keep warm. Butter the bread on one side and grill til nicely browned. Build 6 sandwiches by putting the grilled side down on a piece of foil, one piece of cheese, scoop of pork, ¼ cup sauerkraut, another piece of cheese and then the second piece of bread. Wrap in foil and bake for 10-15 minutes at 400 degrees.

BBQ "No-Pull" Pulled Pork Sandwiches



Prep time, 5 minutes

Serves 6-8

Ingredients

- * 1 – 28 oz Lehman's Pork
 - * 1 bottle of your favorite BBQ sauce
(I like Old Carolina or Sweet Baby Rays)
-

Drain the pork and put in a pan to heat. Shred the pork, add the BBQ sauce and heat til hot. Serve on buns.
Opt. - Add your favorite cold slaw on top of the pork.

Hot Chicken Sandwiches



Prep time, 10 minutes

Serves 6-8

Ingredients

- * 1 – 28 oz can Lehman's Chicken and half of the broth
 - * 1/2 cup onion, diced
 - * 1T butter
 - * 1 – 10 3/4 oz cream of chicken soup
 - * 2 to 3 cups crushed potato chips
-

Sauté onion in 1 T butter. Add the chicken and half the broth and the soup. Heat over medium heat til hot. Add chips til you get desired consistency. Serve in buns.

BBQ Beef Sandwiches



Prep time, 15 minutes (plus 15 minutes cooking time)

Serves 6-8

Ingredients

- * 1 – 28 oz can Lehman's Beef, drained
- * ½ cup onions, chopped
- * ¼ t garlic powder
- * 1½ cup ketchup
- * 2 T vinegar
- * ½ t salt
- * 1 t dry mustard
- * ½ t pepper
- * 2 T Worcestershire sauce
- * ½ cup brown sugar
- * ¼ t cinnamon
- * 4 drops Tabasco

Sauté the onion for 5 minutes. Add garlic powder, ketchup, vinegar, salt, dry mustard, pepper, Worcestershire sauce, brown sugar, cinnamon and Tabasco. Simmer over low heat for 30 minutes. Add beef to sauce. Stir to break up the beef. Cook another 15 minutes til hot. Serve with buns.

Fun Fact

The substance in onions that causes your eyes to water is located in the root cluster of the onion. Cut this part out in a cone shape with the largest part of the cone around the exterior root section. Then chop away without any tears!

Beef Vegetable Soup



Prep time, 30 minutes (plus 50 minutes simmering)

Serves 8-10

Ingredients

- * 1 cup onion, chopped
- * 2 – 46 oz beef broth
- * 1 – 46 oz can tomato juice
- * 10 cups water
- * 1 t chili powder
- * 3 t thyme
- * 2 t Lawry's seasoned salt
- * 2 t oregano
- * 2 bay leaves
- * ½ cup dry barley
- * 1 – 24 oz bag frozen mixed vegetables
- * 1 – 24 oz bag frozen baby Lima beans
- * 1 – 24 oz bag frozen peas
- * 1 – 24 oz bag frozen green beans
- * 3 t salt
- * 2 – 28 oz cans Lehman's Beef, drained and shredded

Sauté the onion in 2T vegetable oil for 5 minutes. Set aside. Put the broth, tomato juice and water in a large stock pot and bring to a boil. Add the barley and bring to a boil again. Add the remaining spices, sauteed onion and vegetables and bring to a boil again. After it boils for 10 minutes turn the heat down to low and simmer 30 minutes. Add the shredded beef and simmer another 20 minutes.

Turkey Pear Pair Salad



Prep time, 10 minutes

Serves 8-10


Ingredients

- * 1 – 28 oz can Lehman's Turkey (drained and rinsed)
- * 2 lbs fresh spinach and romaine lettuce
- * 2 pears diced
- * 1 cup pecans or walnuts
- * 1 cup feta cheese

Dressing

- * 7 oz raspberry vinegar
- * 3 oz fresh pureed raspberries
- * 2 T sugar
- * 2 t poppy seeds
- * 2 oz olive oil

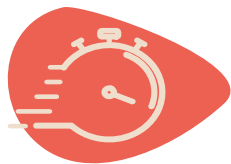
Combine and shake well.



**What kind of
key can't open
doors?**

A tur-key.

Chicken Salad



Prep time, 15 minutes

Serves 4-6

Ingredients

- * 1 – 28 oz can Lehman's Chicken, diced and drained
- * ½ cup onion, diced
- * 1 cup celery, diced
- * 1½ cup mayonnaise
- * 3 T sugar
- * 1 t curry powder
- * ½ t salt
- * ¼ t pepper

Use one of the following combinations:

- * 1 cup chopped apple
- * ½ cup dried cranberries
- * ¾ cup walnuts

OR

- * 1½ cup grapes, halved
- * ¾ cup pecans

OR

- * 2 – 11 oz cans mandarin orange segments, drained
- * ½ cup almonds, toasted and sliced

In a large mixing bowl combine chicken, onion and celery. In a smaller bowl stir together mayonnaise, sugar, curry, salt and pepper. Pour over chicken and blend. Add fruit and nut combination and gently stir together. Chill for 1 hour. Serve on bread, as a wrap, or on top of lettuce.

ENTREES

Chicken Noodle Casserole



Prep time, 30 minutes (plus 25 minutes cooking time)

Serves 6

Ingredients

- * 8 oz egg noodles
 - * 1/2 cup butter
 - * 1/3 cup flour
 - * 2 cups chicken broth
 - * 1 – 10 3/4 oz can cream of chicken soup
 - * 1 t salt
 - * 1/2 t pepper
 - * 2 cups Lehman's chicken, diced and drained
 - * 1/3 cup fresh Parmesan cheese
-

Cook the egg noodles as directed on package and drain. In a separate pan melt butter and blend in flour. Add the broth and soup. Stir and cook over medium heat until thick. Remove from heat and add salt, pepper, chicken and noodles. Stir and put into a greased 9"x13" casserole dish. Sprinkle with Parmesan cheese. Bake at 350 degrees for 25 minutes.

**Knock Knock.
Who's there? Arthur.
Arthur who?**

Arthur any leftovers?



Hot Tip

What's the best thing to keep in your refrigerator? Leftovers! Double the batch and freeze half of it for a meal next week. Or fill single serving size containers for a quick and easy lunch or dinner.

This casserole pairs very well with a nice tossed salad or some homemade bread. It's the perfect comfort food for your friends and family.

Chicken Curry



Prep time, 40 minutes including cooking time

Serves 8-10

Ingredients

- * 1/2 cup onions
- * 2 T canola or vegetable oil
- * 3 T flour
- * 2 t cumin
- * 1/2 t ground ginger
- * 1/4 t red pepper
- * 1 t salt
- * 2 T lemon juice
- * 1 T lemon rind
- * 1 1/2 t coriander
- * 1/2 t turmeric
- * 1/4 t black pepper
- * 1/4 t cardamom
- * 1/2 t cinnamon
- * 1 T curry powder
- * 1/2 t minced fresh ginger
- * 1 – 28 oz can Lehman's Chicken

Cook the onions in the oil. Add the mixed spices and seasonings to the onion. Add 2 cups chicken broth and simmer til thick.

Add one 28 oz can Lehman's Chicken, drained. Thin the mixture with reserved broth, if desired. Serve with cooked rice.

Top with diced apples, bananas, carrots, cashews, hard boiled eggs, raisins and coconut.

Visit **LEHMANS.COM/BLOG** for many more recipes and how-to articles. Take the next step on your journey to a simpler life!

From 1963 to 1970, the Lehman's lived and worked in Kenya, East Africa, where Indian cooking was prevalent. Over the years, Galen's mother, Ella Mae, and his wife, Sherri, perfected this amazing tribute to an Indian curry dish.

We love it with enough curry to make you sweat, and often add ground curry as we eat it. But, our recipe just has enough curry to make it mildly spicy, and we've found it appeals even to people who don't like spicy food. Plus, the fruit and vegetables add a sweet and tangy accent everyone loves.

The best way to eat it? Cover your plate with rice, ladle on the curried chicken gravy, then top with all the fruits, vegetables and nuts you love. In our family, we have one requirement: The last ingredient must be ground coconut, which creates in our imagination a giant snow capped mountain!



Chicken Enchiladas



Prep time, 15 minutes (plus 25 minutes cooking time)

Serves 4-6

Ingredients

- * 1 – 28 oz can Lehman's Chicken, drained
- * 1 – 10 ³/₄ oz can cream of mushroom soup
- * 1 – 8 oz can enchilada sauce
- * 1 - 4 oz can chopped chilies
- * 8 small tortillas
- * 2 cups cheddar cheese

Mix together chicken, soup, enchilada sauce and chilies.

Put ¹/₂ cup of chicken mixture in each tortilla. Roll up and place all 8 filled tortillas side by side in a greased 9"x13" casserole dish. Top with any leftover chicken mixture and then top with the cheese. Bake uncovered at 350 degrees for 25 minutes. Serve with chopped tomatoes, lettuce, cilantro, salsa and sour cream.

Chicken Enchiladas ↑



Roast Beef Hash



Prep time, 20 minutes (plus 50 minutes cooking time)

Serves 4-6

Ingredients

- * 1 – 28 oz can Lehman’s Beef, drained and cut into bite size pieces
 - * ½ cup green pepper, chopped
 - * 1 cup onions, chopped
 - * 1½ cup canned tomatoes, drained and chopped
 - * 2 cups potatoes, cooked and diced
 - * 2 T butter
 - * 4 cups beef gravy
-

Sauté green pepper and onions in 2 T butter til slightly brown (5 to 10 minutes). Combine with Lehman’s Beef, tomatoes, potatoes and gravy. Put in a greased 9”x13” casserole. Bake at 350 degrees for 45 to 50 minutes.

Hot Tip

Nothing tastes better than onions sautéed in a cast iron skillet. To clean your skillet don’t use detergents. Simply scrub the skillet with salt and wipe with a clean, dry paper or cloth towel.

Thrifty kitchen tips

Keep a container in the freezer and add leftover vegetables from dinners past. When the container is full, add Lehman's beef or chicken broth and you have a unique vegetable soup.

If your salt is clumping, put a few grains of white rice in with it to absorb excess moisture.

A little salt sprinkled in the frying pan will keep fat or lard from splattering.

For aluminum pans that are looking dull, just boil some apple peels in them. This will brighten up the shine and your house will smell yummy.

In case you drop a glass and it shatters on the floor, a wet cotton ball will pick up all the tiny shards you cannot see. A Q-tip also works well for the corners of your kitchen.

Shepherd's Pie



Prep time, 30 minutes (plus 20 minutes cooking time)

Serves 6

Ingredients

- * ½ cup chopped onion
 - * ½ t thyme
 - * 2 T butter
 - * 2 – 10 ¾ oz can beef gravy
 - * 1 – 28 oz can Lehman's Beef, drained and diced
 - * 1 – 10 oz pkg frozen peas or corn, cooked
 - * 2 cups shredded cheddar cheese
 - * 4 to 5 cups stiff mashed potatoes
(I like to mix in ½ cup sour cream when mashing)
 - * salt and pepper to taste
-

Sauté the onion and thyme in the butter until tender. Add the gravy, beef and cooked vegetable and cook over medium heat until warm. Grease a 9"x13" casserole and put beef gravy mixture in the bottom. Top with one cup of the cheddar cheese. Next add the mashed potatoes and top with remaining cheddar cheese. Bake at 400 degrees for 20 minutes or until hot.



Beef Stroganoff



Prep time, 35 minutes (including cooking time)

Serves 6

Ingredients

- * 1 – 28 oz can Lehman's Beef, drained
- * 1 – 10 ³/₄ oz can cream of mushroom soup
- * ½ cup water
- * 1 envelope dry onion soup mix
- * ½ cup sour cream

Mix together soup, water, dry onion soup mix and sour cream. Cook over low heat for 20 minutes or until ingredients are combined and hot. Add the beef and stir until the beef has broken apart into bite size pieces. Heat well and serve over cooked noodles or rice.



↑ *Beef Stroganoff*

Beef Enchiladas



Prep time, 15 minutes (plus 25 minutes cooking time)

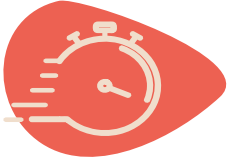
Serves 4-6

Ingredients

- * 1 – 28 oz Lehman’s Beef, shredded
- * 1 cup chopped onion
- * 1 t minced garlic
- * 2 T vegetable oil
- * 2 – 4 oz can chopped green chilies
- * 1 – 28 oz jar tomato sauce
- * ½ t salt
- * pepper to taste
- * ½ t oregano
- * ½ t cumin
- * 8 oz cheddar cheese, grated
- * 2 cups enchilada sauce
- * 12 soft tortillas

Sauté the onion and garlic in the oil until onion is tender. Add chilies, tomato sauce, cumin, oregano, salt and pepper. Add shredded beef and cook for 10 minutes over medium heat. Divide the beef mixture evenly among the 12 tortillas, roll and place side by side in a greased 9”x13” baking dish. Top with enchilada sauce and then the cheddar cheese. Bake at 350 degrees uncovered for 15 minutes.

Beef Gravy



Prep time, 20 minutes (including cooking time)

Serves 4-6

Ingredients

- * 1/2 cup chopped onion
- * 1/4 cup flour
- * 2 cups milk
- * salt and pepper to taste
- * 1 – 28 oz can Lehman's Beef, drained

Sauté the onion in 1T oil til onion is tender. Stir in the flour and then add the milk. Cook over medium heat until gravy bubbles and then add beef. Continue cooking and stir until beef breaks apart and is hot. Serve over mashed potatoes or biscuits.

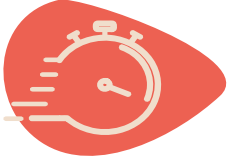
Hot Tip

If you are making this gravy and accidentally burn it, just pour it into a clean pan and continue cooking it.

Add sugar a little bit at a time, tasting as you go to avoid over-sugaring it. The sugar will cancel out the burned taste.



Turkey Fettuccini



Prep time, 15 minutes

Serves 6

Ingredients

- * 1 – 28 oz can Lehman's Turkey
- * 1 lb Linguini Noodles, cooked according to directions
- * ½ cup butter
- * 2 cups heavy cream
- * 2 cups fresh grated Parmesan cheese
- * 2 T basil

Drain and rinse the turkey. Set aside. In a sauce pan combine butter, cream, cheese and basil. Heat slowly til cheese is melted. Add turkey. Cook Linguini noodles and drain. Combine noodles with turkey and cheese mixture. Toss well. Salt and pepper to taste. Serve immediately.

Fun Fact

Noodles have been in existence since 5000 BC, where wheat grown in northern China was used to make noodles. Explorer Marco Polo brought pasta to Italy and the popularity of this versatile side dish made it's way across Europe and into the United States.

SIMPLE TIPS

For a Simpler Life

Eat leftovers

Make a larger quantity of each meal and keep the leftovers. Not only will you be saving money and eating healthy, the landfill won't be full of the disposable, one serving plastic and paper trash.

Cook together

Are mealtimes stressful because you have picky eaters? Let them in on the shopping and meal planning activities. Cooking together is also a great way to learn math, reading and patience.

Eat slowly

Eating slowly helps you appreciate your food and take a break from a busy day (not to mention, it's a good way to help you lose weight).



Be inspired

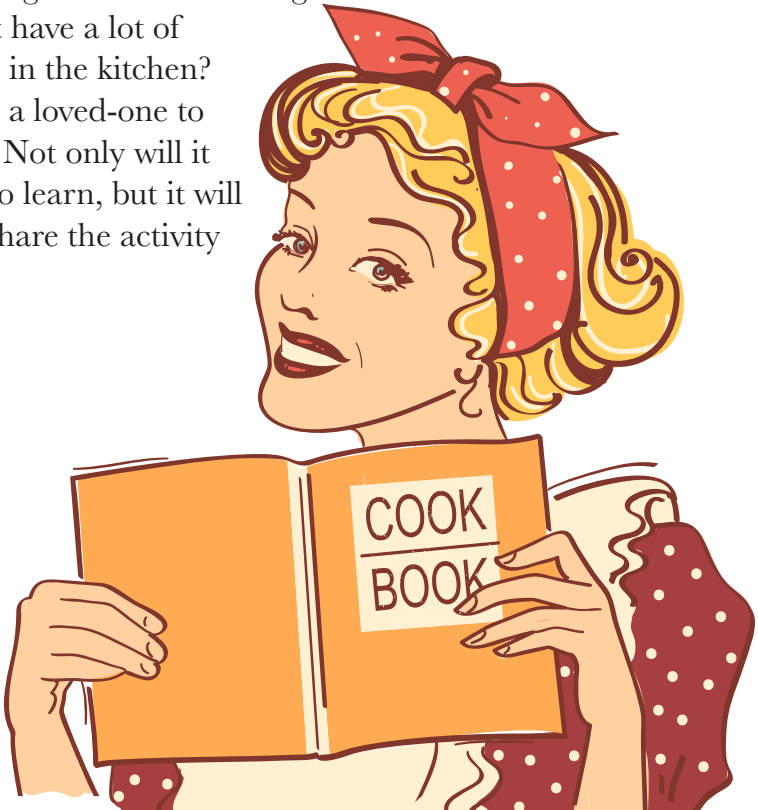
Learn new recipes from videos, blogs and cookbooks (like this one!)

Stop multi-tasking

Focus on one activity at a time. Otherwise, you could be raising your stress level and lowering your productivity, even though you think you are getting more done. Enjoy the activity you are engaged in.

Learn a new skill

It is satisfying to learn something new. Don't have a lot of knowledge in the kitchen? Maybe get a loved-one to teach you. Not only will it feel good to learn, but it will be fun to share the activity together.



Waste less

Did you know the peels from veggies, egg shells and even coffee grounds make great compost. Add it to your garden and watch your grow!

Be quiet

Enjoy your meal in silence. Let your mind wander, your taste buds enjoy and your body to relax.

Get a hobby

Is your life all work and no play? Start painting, creating, sewing, cooking or baking – find your passion.

Prep ahead of time

The word preparation means getting ready for an event. Want to make meals for the week? Take time to plan your menu and make a list. Plan one grocery trip to get all the ingredients so you don't have to run to the store more than once that week.

