Everyday Cooking

Skillet Suppers

Twelve satisfying dinners, one dependable pan

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A skillet earns its place through direct contact: a browned mushroom, a crisp potato edge, or chicken resting above a bubbling sauce. These twelve suppers make that contact useful without demanding a cupboard of specialty equipment. A heavy 12-inch skillet is the working size throughout; choose one with a lid and use an oven-safe pan when a recipe finishes under heat. Read the ingredients before starting, then chop what the next step needs. Measure broth and sauces in advance because a hot pan moves quickly. This Junction Table by CrownThrive, LLC collection is a development edition and has not been kitchen-tested. Use a food thermometer: poultry reaches 165°F, ground meat 160°F, fish 145°F, and whole cuts of pork or beef 145°F followed by a 3-minute rest. Wash hands and utensils after raw proteins, and keep ready-to-eat food separate. Refrigerate leftovers at 40°F or below within 2 hours, dividing large amounts among shallow containers. Good skillet cooking is attentive rather than hurried: watch the food, adjust the heat, and let texture guide the final minute.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

Lemony Chicken and Chickpea Skillet - AI-generated realistic food artwork, not a photograph or tested result.

Lemony Chicken and Chickpea Skillet

4 servings | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 1 1/4 pounds boneless skinless chicken thighs, cut into 2-inch pieces
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 yellow onion, thinly sliced
- 3 garlic cloves, minced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1/2 cup low-sodium chicken broth
- 1/2 teaspoon dried oregano
- 1 lemon, zested and juiced

Method

1. Pat chicken dry and season with salt and pepper. Heat oil in a 12-inch skillet over medium-high heat; brown chicken for 3 minutes per side. Transfer to a clean plate.

2. Reduce heat to medium. Cook onion for 5 minutes, stirring, then add garlic and oregano for 30 seconds.

3. Add chickpeas and broth, scraping browned bits. Return chicken and its juices; cover and simmer for 10–12 minutes until every piece reaches 165°F.

4. Uncover, stir in lemon zest and 2 tablespoons juice, and simmer for 2 minutes. Taste before adding more lemon.

Cook's tip

Mash a spoonful of chickpeas into the broth for a thicker pan sauce.

Substitution

Replace chickpeas with one drained 15-ounce can of white beans.

Storage

Refrigerate in shallow covered containers at 40°F or below within 2 hours. Use within 3–4 days; reheat leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Turkey Meatballs with Pepper Tomato Sauce

4 servings | Prep: 20 minutes | Cook: 25 minutes

Ingredients

- 1 pound ground turkey
- 1 large egg
- 1/3 cup plain breadcrumbs
- 1 teaspoon dried Italian seasoning
- 3/4 teaspoon kosher salt, divided
- 1 tablespoon olive oil
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 (28-ounce) can crushed tomatoes
- 1/4 cup chopped basil

Method

1. Mix turkey, egg, breadcrumbs, seasoning, and 1/2 teaspoon salt gently. Form 16 equal meatballs with damp hands.

2. Heat oil over medium heat in a large skillet. Brown meatballs for 6 minutes, turning carefully; transfer to a clean plate. They will finish in the sauce.

3. Cook pepper in the same skillet for 4 minutes. Stir in garlic for 30 seconds, then tomatoes and remaining salt.

4. Return meatballs, cover, and simmer gently for 12–15 minutes, turning once, until centers reach 165°F. Stir in basil and let stand for 3 minutes before serving.

Cook's tip

A gentle simmer keeps the meatballs tender and prevents the thick sauce from spattering.

Substitution

Use gluten-free breadcrumbs in the same amount; check their ingredient label.

Storage

Refrigerate in shallow covered containers at 40°F or below within 2 hours. Use within 3–4 days; reheat leftovers to 165°F.

Ingredient allergen notes

egg, wheat

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Let the skillet carry supper

A skillet can brown the main ingredient, soften vegetables, and hold the sauce that brings dinner together. Skillet Suppers explores those stages through lemony chicken and chickpeas, sweet potato black bean egg hash, sesame tofu and broccoli rice, and nine other recipes. Technique notes focus on batch browning, using the browned bits in the pan, and managing ingredients that soften at different speeds. Follow the measured steps, use the lid when the recipe calls for gentle cooking, and check the center of meat or fish before serving. With suggested menus and shopping guidance, this Junction Table collection by CrownThrive, LLC gives the everyday pan several useful jobs.

• Scrape browned chicken bits into broth for a lemony chickpea skillet sauce.

• Steam sweet potato cubes before browning them and setting eggs in wells.

• Press and brown tofu, then layer broccoli over rice for covered cooking.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Sesame Tofu and Broccoli Rice Skillet

AI-generated realistic food artwork

Junction Table by CrownThrive, LLC
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