**Baked Ziti** Ground Beef

*Ingredients:*

1 lb. lean ground beef 6 oz. Provolone cheese, sliced

1 lb. dry ziti pasta 1 1/2 c. sour cream

1 onion, chopped 6 oz. mozzarella cheese, shredded

2 26-oz. jars spaghetti sauce 2 tablespoons grated Parmesan cheese

*Directions:*

Preheat oven to 350°. Boil the pasta according to package directions, about 8 minutes or until al dente. Drain. In a large skillet, brown the onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes. Butter a 9x13-inch baking dish. Layer as follows: 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese. Bake for 30 minutes or until cheeses are melted. Allow to stand for 15 minutes before serving.

*Shopping List:*

* 1 lb. ground beef
* 1 lb. ziti
* 2 26-oz. jars spaghetti sauce
* 6 oz. provolone cheese slices
* 16 oz. sour cream
* 1 lb. mozzarella cheese

**Basic Meatballs** Ground Beef

*Ingredients:*

1 ½ lb. lean hamburger

2 eggs

¾ c. dried bread crumbs

¼ c. finely chopped onion

1 tsp. salt

½ tsp. pepper

*Directions:*

In medium bowl, mix together all ingredients. Shape into 1 inch meatballs. In a large frying pan, heat 1 T. oil over medium high heat. Brown meatballs a few at a time. These freeze well, so you can double the recipe for future meatball meals.

*Shopping List:*

* 1 ½ lb lean hamburger

**Brown Sugar Glazed Meatloaf** Ground Beef

*Ingredients:*

½ c. packed brown sugar

½ c. ketchup

1 ½ lb. lean ground beef

¾ c. milk

2 eggs

1 ½ tsp. salt

¼ tsp. ground black pepper

1 small onion, chopped

¼ tsp. ground ginger

¾ c. finely crushed saltine crackers

*Directions:*

Preheat oven to 350°. Lightly grease a 5x9 inch loaf pan. Press the brown sugar in the bottom of the prepared loaf pan and spread the ketchup over the sugar. In a mixing bowl, combine all remaining ingredients thoroughly and shape into a loaf. Place on top of the ketchup mixture. Bake for 1 hour or until juices are clear.

*Shopping List:*

* 1 ½ lb. ground beef
* 1 pkg. saltine crackers

**Chop Suey Casserole** Ground Beef

*Ingredients:*

1 lb. lean hamburger, browned with

½ onion, chopped

½ c. brown rice, cooked without salt

2 cans cream of chicken soup

1 ½ c. hot water (if used low fat soup use ¼ c. less water)

1/8 c. soy sauce (do a little extra)

¼ tsp. ground pepper

½ can chow mein noodles

*Directions:*

Preheat oven to 350º. Mix all ingredients together. Bake in serving bowl covered with foil for 45 minutes. Take off cover. Pour 3 oz. (1/2 can) of chow mein noodles over top. Cook uncovered for 15 more minutes. Let set for 5-10 minutes after cooking

*Shopping List:*

* 1 lb lean hamburger
* 2 cans cream of chicken soup
* Chow mein noodles

**Italian Burgers** Ground Beef

*Ingredients:*

1 lb. lean hamburger

¼ c. Italian seasoned bread crumbs

1 egg

¼ c. steak sauce

¼ c. shredded mozzarella cheese (cheddar is ok too)

*Directions:*

Preheat grill on Medium High. In a large bowl, mix together all ingredients. Form four patties and grill about 5 minutes each side, or until cooked as desired. Baste with additional steak sauce if desired.

*Shopping List:*

* 1 lb lean hamburger
* 1 lb mozzarella cheese

**Kraft Dinner Casserole** Ground Beef

*Ingredients:*

½ lb. lean hamburger, browned with 1 T. chili powder

½ onion, chopped 1 can corn

1 family size package kraft dinner cheddar cheese (cubed)

1 can chili with beans fritos

1 can tomato soup

*Directions:*

Preheat oven to 350º. Cook kraft dinner according to directions in large pot. Meanwhile, brown hamburger with onion. Add to kraft dinner with remaining ingredients. Heat through. Pour into casserole dish and top with fritos. Cover and bake 30 minutes

*Shopping List:*

* ½ lb. lean hamburger
* 1 box kraft dinner
* 1 can chili with beans
* 1 can tomato soup
* 1 can corn
* fritos

**Meatballs Tetrazzini** Ground Beef

*Ingredients:*

Basic Meatballs ½ c. chopped onion

8 oz package spaghetti 1 can condensed tomato soup

½ tsp. salt 1 c. milk

1/8 tsp. pepper 8 oz shredded cheddar cheese

*Directions:*

Prepare Basic Meatball recipe. Preheat oven to 350º. Cook spaghetti and drain. Using a medium frying pan. cook onion in 1 T. oil until tender. Add soup, milk, salt, pepper, and cheese. Head until cheese is melted. Arrange meatballs and spaghetti in a 9x13 pan. Pour liquid mixture over meatballs and toss to mix well. Back for 30 minutes until hot and serve immediately.

*Shopping List:*

* Basic Meatballs - 1 ½ lb lean hamburger
* 8 oz package spaghetti
* 1 can tomato soup
* 8 oz shredded cheddar cheese

**Meatloaf** Ground Beef

*Meatloaf Ingredients: Topping Ingredients:*

1 ½ lb. lean hamburger ¾ c. ketchup

¾ c. oats 3 T. sugar

1 ½ tsp. salt 3 T. vinegar

dash of pepper 3 T. Worcestershire sauce

½ an onion (chopped)

2 eggs

Milk as needed to moisten

*Directions:*

Preheat oven to 350º. Mix all meatloaf ingredients together in large bowl. Spread into 9x9 square pan. Mix topping ingredients together in small bowl. Pour over top of meatloaf. Bake for 1 hour uncovered. Serve with noodle or rice side dish.

*Shopping List:*

* 1 ½ lb lean hamburger
* Side dish

**Porcupine Meatballs** Ground Beef

*Meatball Ingredients: Sauce Ingredients:*

2 lb. lean hamburger 2-14 oz. cans stewed tomatoes

2 T. flour 1 clove of garlic, chopped

1 tsp. rosemary (finely crushed) 1 tsp. salt

¼ tsp. dried chopped onion ¼ tsp. sugar

½ c. uncooked white rice

1 ½ tsp. salt

1 egg, slightly beaten

*Directions:*

Combine all ingredients for sauce in deep covered saucepan and place over low heat to simmer. Combine ingredients for meatballs and form into walnut-sized balls. Brown evenly in olive oil, then add to tomato sauce. When all meatballs are cooked, add ½ c. hot water to meat drippings and cook to loosen particles. Add to tomato sauce mixture. Cover and cook 40 minutes. Serve over mashed potatoes. Leftovers can be used to make shepherd’s pie.

*Shopping List:*

* 2 lb hamburger
* 2-14 oz cans stewed tomatoes

**Ranch Burgers** Ground Beef

*Ingredients:*

2 lbs. lean hamburger

1 egg slightly beaten

¾ c. crushed saltine crackers

1 onion chopped fine

1 pkg. dry ranch dressing mix

*Directions:*

Preheat grill on Medium High. In a large bowl, mix together all ingredients. Form eight patties and grill about 5 minutes each side, or until cooked as desired.

*Shopping List:*

* 2 lbs. lean hamburger
* 1 pkg. saltine crackers
* 1 pkg. dry ranch dressing mix

**Real Chili Beans** Ground Beef

*Ingredients:*

1 lb. lean hamburger 2 tsp. salt

2 c. dried pinto beans ¼ tsp. paprika

8 oz. can tomato sauce 1 ½ tsp. ground cumin

1 lb stewed tomatoes 1 T. oregano

2 T. oil 1 pinch chili pepper flakes

1 large onion (chopped) 3 T. chili powder

1 clove of garlic (finely chopped) 1/8 tsp. cayenne pepper

*Directions:*

Soak beans overnight. Drain and cover with fresh water. Bring to a boil and simmer for 2 hours. Drain and add to crock-pot. Sauté the chopped onion and garlic in oil until limp. Stir in all seasonings. Add tomatoes and sauce and simmer for 20 minutes. Brown beef in small fry pan. Drain and add to crock-pot. Add chili sauce and 5 cups of hot water to crock-pot. Simmer in crock-pot at least 7 hours.

*Shopping List:*

* 1 lb lean hamburger
* 8 oz. tomato sauce
* 1 lb. stewed tomatoes

**Red Enchiladas** Ground Beef

*Ingredients:*

1 lb ground beef

20 oz can red enchilada sauce

4 oz can green chilis

16 oz can refried beans

1 lb cheddar cheese

6 white corn tortillas

*Directions:*

Preheat oven to 350°. Brown beef in large frying pan. Add refried beans, chilis, and red sauce. Heat through. Layer tortillas, meat/bean mix, and cheese. Repeat.

*Shopping List:*

* 1 lb lean ground beef
* 20 oz can red enchilada sauce
* 4 oz can green chilis
* 16 oz can refried beans
* 1 lb cheddar cheese
* 6 white corn tortillas

**Salsa Meatloaf** Ground Beef

*Ingredients:*

1 lb. lean ground beef

½ c. salsa

½ c. Italian seasoned bread crumbs

½ c. shredded cheddar cheese

1 egg, slightly beaten

3 cloves garlic, minced

1 T. dried parsley, or to taste

Salt and pepper to taste

*Directions:*

Preheat oven to 350°. In a large bowl combine ground beef, salsa, bread crumbs, cheese, egg, and garlic. Add parsley, salt, and pepper as desired. Bake in a 5x9 inch loaf pan for 45 minutes

*Shopping List:*

* 1 ½ lb. ground beef
* 1 jar salsa
* 1 lb. cheddar cheese

**Shepherd’s Pie** Ground Beef

*Ingredients:*

1 lb ground beef

1 can sloppy joe mix

1 can green beans

1 can corn

6 mashed potatoes or 6 servings of fake potatoes

Grated cheddar cheese

*Directions:*

Preheat oven to 350°. Brown beef in large frying pan. Add sloppy joe mix. Mix in half green beans and half corn to the hamburger and place in baking dish. Cover meat with mashed potatoes. Bake covered for 40 minutes. Remove covering and sprinkle cheddar cheese on top. Bake 5 more minutes until cheese is melted.

*Shopping List:*

* 1 lb lean ground beef
* 1 can sloppy joe mix
* 1 can green beans
* 1 can corn

**Spaghetti (red sauce)** Ground Beef

*Ingredients:*

½ lb. lean ground beef

28 oz. jar traditional Ragu spaghetti sauce

1 tsp. onion flakes

1 tsp. oregano

1 tsp. basil

1 T. parsley

1 T. Worcestershire sauce

1 tsp. onion salt

1 tsp. garlic powder

*Directions:*

Brown beef with onion flakes. In a medium saucepan mix Ragu and all spices. When beef is browned, pour into saucepan with sauce. Meanwhile, boil water in a large pot. Cook spaghetti noodles until done. Pour sauce over noodles and top with cheese.

*Shopping List:*

* ½ lb. lean ground beef
* 28 oz. jar sauce
* Spaghetti noodles

**Swedish Meatballs** Ground Beef

*Meatball Ingredients: Sauce Ingredients:*

1 lb. lean hamburger ½ c. butter

1/3 c. milk ½ c. flour

½ c. fine dry bread crumbs 2 c. milk

½ an onion (chopped fine) 2 cans beef broth or consommé soup

1 egg 2 tsp. Dill weed

1 tsp. Salt

*Directions:*

Preheat oven to 425º. Mix all meatball ingredients in a large bowl. Form into meatballs and bake on wire rack in oven about 15-20 minutes (until browned well). On stovetop in a saucepan melt butter. Stir in flour till smooth. Gradually stir in milk and then soup. Add dill weed. Cook until thick. Add meatballs to sauce. Let stand about 5 minutes after cooking to thicken even more. Serve over wide egg noodles.

*Shopping List:*

* 1 lb hamburger
* 2 cans beef broth
* 1 pkg. egg noodles

**Sweet-N-Sour Meatballs** Ground Beef

*Ingredients:*

Basic Meatballs 15 oz can tomato sauce

8 oz jar sweet baby pickles (cut into bite slices) ½ c. white vinegar

2 bell peppers (cut into thin 2 inch long pieces) 1 T. cornstarch

2 carrots (diagonally sliced) ¼ c. sugar

20 oz can pineapple chunks (save juice)

*Directions:*

In large pot, cook peppers and carrots in 2 T. of oil until tender crisp. Add warm (or thawed) meatballs, pickles, tomato sauce, vinegar, sugar, and pineapple juice. Stirring frequently, bring to a boil over medium heat. Reduce heat and simmer for 15 minutes or until meatballs are tender. In small cup, combine cornstarch with ¼ c. cold water. Gradually stir cornstarch into meatballs and cook until mixture thickens and begins to boil. Add pineapple and heat through. Serve hot over rice.

*Shopping List:*

* Basic Meatballs - 1 ½ lb lean hamburger
* 2 bell peppers
* 2 carrots
* 20 oz can pineapple chunks
* 15 oz can tomato sauce

**Tacos** Ground Beef

*Ingredients:*

1 lb. lean hamburger

1 package taco seasoning

½ potato (shredded)

*Directions:*

Brown hamburger in medium frying pan. Add potato. Add taco seasoning and water according to directions on packet. Heat until warm. Serve with taco shells, tortillas, refried beans, salsa, sour cream, shredded cheese, etc.

*Shopping List:*

* 1 lb hamburger
* 1 pkg taco seasoning
* Refried beans
* Small sour cream
* Cheddar cheese, lettuce, tomatoes (if not on hand)
* Shells if necessary

**Ultimate Meatloaf** Ground Beef

*Ingredients:*

1 ½ lb. lean ground beef

½ c. crushed Ritz crackers

¾ c. shredded cheddar cheese

1 oz. pkg. dry onion soup mix

2 eggs, beaten

¼ c. ketchup

2 T. Worcestershire sauce

*Directions:*

Preheat oven to 350°. Place the ground beef, crushed Ritz, cheddar cheese, and onion soup mix in a large bowl and mix until well combined. Whisk the eggs, ketchup, and Worcestershire sauce in a separate bowl until smooth. Add to the meat mixture and mix until evenly combined. If the mixture seems too dry, add a little water. Put in a 9x9 pan and bake for 45 minutes to an hour. When top/edges look nice and crispy check the middle to make sure it’s cooked all the way.

*Shopping List:*

* 1 ½ lb. ground beef
* 1 pkg. Ritz crackers
* 1 lb. cheddar cheese
* 1 pkg. dry onion soup mix

**Breakfast Casserole** Pork

*Ingredients:*

1 lb cubed ham (use leftovers)

8 oz. cheddar cheese, cubed

6 slices of bread, cubed

1 c. milk

3 eggs

½ tsp. salt

½ tsp. mustard

¼ c. butter, melted

*Directions:*

Preheat oven to 350°. Mix together ham, cheese, and bread and put in bottom of a 9x13 pan. In a medium bowl, mix milk, eggs, salt, mustard, and melted butter. Pour over top of ingredients in pan. Bake for 30-45 minutes. Yummy served with fruit.

*Shopping List:*

* Leftover ham
* Loaf of white bread

**Italian Rice Bake** Pork

*Ingredients:*

1 pkg. Rice-a-Roni 1 clove garlic, minced

1 lb. Italian sausage 2 ½ cups spaghetti sauce

½ c. chopped onion ½ tsp. dried basil

3 small zucchini, shredded 2 cups (8 oz.) shredded mozzarella or jack cheese

*Directions:*

Preheat oven to 350°. Prepare Rice-a-Roni mix as package directs. Remove sausage from casing; crumble. In large skllet, brown sausage and onion; drain, reserving 1 tablespoon drippings in skillet. Set aside. Add zucchini and garlic sauté over medium-high heat 1 minute. Cover; continue cooking over low heat about 2 minutes or until crisp-tender. Combine prepared rice, sausage mixture, 1 ½ cups spaghetti sauce and basil; spread into a 9x13 baking dish. Sprinkle with 1 cup cheese. Top with zucchini. Top with remaining sauce; sprinkle with remaining cheese. Bake 25 to 30 minutes. Let stand 5 minutes before serving.

*Shopping List:*

* Rice-a-Roni
* 1 lb. Italian sausage
* 28 oz. jar spaghetti sauce
* 1 lb. mozzarella/jack cheese
* 3 small zucchini (if none from garden)

**Pork Chop Marinade** Pork

*Ingredients:*

7 thin-sliced pork chops

3 lemons

3 cloves of garlic

1 T. oregano

2 T. vinegar

1 cup olive oil

1 tsp. salt

¼ tsp. pepper

*Directions:*

Squeeze lemons, press garlic, add remaining ingredients. Marinade pork for at least 4 hours (overnight is better). Grill on George Foreman.

*Shopping List:*

* 1 pkg. pork chops
* 3 lemons

**Pork Tenderloin w/ Creamy Mustard Sauce** Pork

*Ingredients:*

1 lb. pork tenderloin

Salt and Ground black pepper

1 tsp. vegetable oil

½ c. carnation evaporated fat free milk

2 T. Dijon mustard

3 green onions, sliced

*Directions:*

Cut pork into 1-inch thick slices. Place pork between 2 pieces of plastic wrap. Flatten to ¼ inch thickness using meat mallet or rolling pin. Season with salt and pepper. Heat oil in large skillet over medium-high heat. Add half of the pork, cook on each side for 2 minutes or until browned and cooked through. Remove from skillet; set aside and keep warm. Repeat with remaining pork. Reduce heat to low. Add evaporated milk, stir to loosen brown bits from bottom of skillet. Stir in mustard and green onions. Return pork to skillet. Cook for 1 to 2 minutes or until sauce is slightly thickened, turning pork to coat with sauce.

*Shopping List:*

* 1 lb. pork tenderloin
* Evaporated fat free milk
* Green onions

**Sausage Lasagna** Pork

*Ingredients:*

3 Italian sausages

15 lasagna noodles

1 lb block mozzarella or jack cheese

28 oz. jar spaghetti sauce (better with a little more)

Smallest container ricotta cheese

*Directions:*

Preheat oven to 300°. Remove sausage from casings and brown in olive oil. Turn over a lot. Cut into slices. Heat sauce in small pot. Cook noodles, leave slightly firm. Drain noodles almost all the way. Let sit. Mix up ricotta with a fork. Grate all mozzarella cheese. In 9x13 pan add sauce in bottom. Layer 5 noodles, sauce, mozzarella, ricotta dots, 1 full sausage. Repeat and make at least 3 layers. Bake covered with foil for one hour, remove foil for last ten minutes. Rub foil with oil to avoid sticking.

*Shopping List:*

* 1 pkg. Italian sausage
* 2 pkg. lasagna noodles
* 2 lb block mozzarella or jack cheese
* 28 oz. jar spaghetti sauce or more
* Small container ricotta cheese

**Sweet and Sour Pork Chops** Pork

*Ingredients:*

4 pork chops 2 T. butter

1 tsp. dry mustard 1 c. apple juice

1 tsp. garlic salt 2 T. white vinegar

1 tsp. paprika 3 T. brown sugar

1 tsp. salt 3 green onions

¼ tsp. pepper 4 servings brown rice

¼ c. flour

*Directions:*

Mix dry mustard, garlic salt, paprika, salt, pepper, and flour together and put the mixture into a plastic bag. Put pork chops, one at a time, into the bag and shake to coat the meat. Melt butter in a large frying pan and brown the pork chops, turning them once. Stir in apple juice, vinegar, and sugar and simmer, uncovered, for 40 minutes until chops are no longer pink and the sauce has thickened. Serve over rice and sprinkle with green onions.

*Shopping List:*

* Pork chops
* Green onions

**Sweet and Sour Spareribs** Pork

*Ingredients:*

4-5 lb. boneless spareribs, rinsed

1 c. brown sugar

1 c. vinegar

2 c. water

2 tsp. salt

1 c. ketchup

4 T. cornstarch

*Directions:*

Mix together all ingredients. Pour over top of spareribs in a 9 x 13 pan. Cook uncovered for 4 hours at 250°. Spoon sauce up over sometimes. Makes a lot of sauce. Serve with rice. Can increase over to 300°, just keep track of it.

*Shopping List:*

* Spareribs
* Rice, if needed

**Teriyaki Pork and Pineapple Rice** Pork

*Ingredients:*

1 ½ lbs. pork tenderloin

2 T. teriyaki sauce

1 T. chicken broth

1 T. Dijon-style mustard

2 cups white rice

4 cups chicken broth

8 oz can crushed pineapple (drained)

*Directions:*

Preheat oven to 400°. In a small bowl, whisk teriyaki sauce, chicken broth, and mustard. Brush entire tenderloin with teriyaki mixture; place in a shallow roasting pan lined with aluminum foil coated with cooking spray. Roast tenderloin for 40 or 45 minutes, turning halfway through cooking. Baste every 10 minutes. While pork is cooking the last 20 minutes, combine rice and broth in a pot. Bring to a boil, stir, cover, and reduce heat to low. Simmer 20 minutes, or until tender. (Reserve 3 cups cooked rice for Pork Fried Rice) Stir pineapple into remaining rice. Remove pork from oven; let rest for 5 minutes. (Save 1/3 of meat for Pork Fried Rice)

*Shopping List:*

* 1 ½ lb. pork tenderloin
* 8 oz can crushed pineapple
* 2 cans chicken broth

**Tomato Onion Ham Glaze** Pork

*Ingredients:*

1 sliced ham

2 T. butter

4 T. finely chopped onion

16 oz. can tomato sauce

4 T. brown sugar

2 tsp. Worcestershire sauce

*Directions:*

In small saucepan, melt butter over medium heat. Add onion and cook until tender. Stir in rest of ingredients. Reduce heat; simmer until glaze thickens, about 5 minutes. Pour over ham, and inbetween slices if possible. Brush over ham several times during baking.

*Shopping List:*

* 1 sliced ham
* 16 oz tomato sauce

**Beef Stroganoff** Beef

*Ingredients:*

1 T. flour 2 T. butter

½ tsp. salt 3 T. flour

1 lb beef sirloin, cut in skinny strips 1 T. tomato paste

2 T. butter 1 can beef broth

½ c. chopped onion 1 c. sour cream

1 clove garlic

*Directions:*

Combine 1 T. flour and salt. Dredge meat in flour mix. Heat skillet, melt 2 T. butter. Add meat and brown quickly, turning over frequently. Add onion and garlic, cook 3 minutes until onion is tender. Remove meat and onions from skillet. Add 2 T. butter to pan drippings. Blend in 3 T. flour when melted. Add tomato paste and slowly pour in beef broth. Cook, stirring constantly until mixture thickens. Return meat. Add sour cream and heat briefly. Serve over parsleyed rice, buttered noodles, or pilaf. (Can also make with basic meatballs)

*Shopping List:*

* 1 lb beef sirloin
* 6 oz can tomato paste
* 1 can beef broth
* 8 oz sour cream

**Crocked Barbecued Beef** Beef

*Ingredients:*

2 lbs. chuck roast, boneless and trimmed of all visible fat

Salt and Pepper to taste

1 ½ c. ketchup

1/8 c. honey

¼ c. balsamic vinegar

2 T. Dijon mustard

¼ c. barbecue sauce

2 T. Worcestershire sauce

1 tsp. garlic powder

*Directions:*

Place trimmed roast in Crock-Pot. Salt and pepper to taste. In a large bowl, mix the rest of the ingredients until well blended. Pour on top of the roast, cover, and cook on low f or 7-8 hours. Remove roast from Crock-Pot and shred meat with a fork. Return meat to Crock-Pot, stirring well to coat evenly with the sauce. Cook for another hour and serve on rolls.

*Shopping List:*

* Chuck roast
* Rolls

**Cubed Steaks** Beef

*Ingredients:*

4 cubed steaks

½ c. evaporated milk

½ c. flour

2 cans cream of mushroom soup

3 c. milk

*Directions:*

Preheat oven to 350°. Sprinkle steaks with salt and pepper. Dip steaks in canned milk, then flour. Brown on both sides in hot oil. Place meat in 9 x 13 pan. Dilute soup with milk and pour over steaks. Bake for 1 ½ to 2 hours. Serve over rice.

*Shopping List:*

* Cubed steaks
* Evaporated milk
* 2 cans cream of mushroom soup

**Roast Beef Dinner** Beef

*Ingredients:*

1 roast (Sirloin tip, round, rump, etc.)

½ c. butter

1 envelope Lipton onion soup mix

*Directions:*

Preheat oven to 350°. Wash roast. Melt butter in large pot. Brown roast in butter on all sides. Sprinkle Lipton soup over top. Cook with lid on for 3-4 hours. Turn it over while cooking and spoon juices over top. Meanwhile, boil potatoes and save the water for gravy.

When roast is done, transfer to another pan to stay warm. Take pan dripping and stir flour into it until smooth. Stir in potato water gradually. Cook until thick.

*Shopping List:*

* Roast
* Lipton onion soup mix
* Russet potatoes

**Sample Swiss Steak** Beef

*Ingredients:*

Round steak, trimmed and cut into portions 1 can tomato sauce

3 T. oil 1 can water

½ bell pepper, diced 1 T. Worcestershire sauce

½ small onion, diced

Salt and pepper to taste

Enough flour to cover meat

*Directions:*

Dredge flour into meat (with a saucer edge) until tender and covered completely. Brown in oil with bell pepper and onion. Add tomato sauce, water, Worcestershire, salt, and pepper. Cover and cook on low heat about 3 hours, turning meat over every half hour. Serve over mashed potatoes.

*Shopping List:*

* Round steak
* bell pepper
* 1 can tomato sauce

\*Marilyn’s paternal grandma gave this recipe to Grandma Lewis in 1945\*

**Stew** Beef

*Ingredients:*

Leftover roast

Leftover gravy

Pot barley

2 carrots, shredded

1 can corn

Potatoes (optional)

kitchen bouquet

*Directions:*

Combine leftover roast and gravy in large pot. Gradually stir in some water to make broth. Add a few handfuls of pot barley (rinse it first) and some shredded carrots and corn. Can also add chunks of potato. Cut up the meat very small and add to stew. Add a little kitchen bouquet to make it browner.

*Shopping List:*

* Carrots
* 1 can corn

**Baked Chicken Lasagna Rolls** Poultry

*Ingredients:*

2 cups ricotta cheese 1 ½ lb. shredded baked chicken breasts

1 ¼ cup jack cheese, shredded 8 cooked lasagna noodles

¼ cup parmesan cheese 1 ½ cup spaghetti sauce

1 egg

1 tsp. garlic powder

¼ cup chopped fresh parsley

½ tsp. salt

½ tsp. ground pepper

*Directions:*

Preheat oven to 375°. Mix first eight ingredients, reserving ¼ cup of jack cheese. Lay a piece of plastic wrap on countertop. Lay noodles flat on plastic wrap, top each noodle with a layer of ricotta mixture and ¼ cup chicken. Roll one noodle at a time. Put ½ cup of spaghetti sauce in a 9x13 pan. Lay rolls seam-side down, cover with remaining spaghetti sauce, and sprinkle with ¼ cup jack cheese. Bake for 20 minutes.

*Shopping List:*

* ½ bag chicken
* 2 cups ricotta cheese
* 1 lb mozzarella/jack cheese
* 1 pkg. lasagna noodles
* small jar spaghetti sauce

**Caramelized Garlic Chicken** Poultry

**(LeAnne cookbook)**

*Ingredients:*

1 ½ lb. boneless skinless chicken breasts

2 T. olive oil

6 large cloves garlic, pressed

4 T. brown sugar

*Directions:*

Preheat oven to 500°. Line shallow roasting pan with foil, lightly grease the foil with a little oil. Heat 2 T. oil in a small skillet over medium-low heat until hot. Add garlic and cook 1-2 minutes or until garlic begins to soften. (Don’t let garlic get brown!) Remove from heat and stir in brown sugar until well mixed. Set aside. Place chicken breasts on greased foil-lined pan, spreading the garlic mixture evenly over chicken. Bake for 10-15 minutes or until chicken is fork tender and juices run clear.

*Shopping List:*

* ½ bag of chicken
* side dish

**Catalina Chicken** Poultry

*Ingredients:*

1 ½ lb. boneless skinless chicken breasts

1 medium bottle Catalina salad dressing

1 small jar apricot or apricot/pineapple preserves

*Directions:*

Preheat oven to 350°. Cut chicken into 1-inch strips. Mix all ingredients together. Marinate 4-5 hours if possible. Bake 20-30 minutes until chicken is not pink. Serve over rice. Make sure jam to dressing ratio is 1:1

*Shopping List:*

* ½ bag chicken
* Catalina salad dressing
* Jar of preserves

**Chicken Lo Mein** Poultry

*Ingredients:*

6 oz. angel hair pasta 1 T. olive oil

1 ½ tsp. sesame oil 1 clove garlic

2 ½ T. chicken broth 3 chicken breasts (cut into strips)

2 ½ T. soy sauce 1 ½ c. cabbage

¾ tsp. cornstarch 2 carrots (shredded)

1 dash pepper 1/3 c. onions (chopped)

*Directions:*

Cook pasta. Place in large bowl. Add sesame oil and toss. In a small bowl combine broth, soy sauce, cornstarch and pepper. In a skillet, heat oil over medium-high heat. Add garlic and stir fry for 30 seconds. Add chicken and cook until no longer pink. Remove and keep warm. Stir fry cabbage, carrots, and onions for 3 minutes. Add sauce and stir fry 2 minutes more. Add chicken. Serve over the noodles.

*Shopping List:*

* ½ bag chicken
* 12 oz. angel hair pasta
* chicken broth
* 1 lb. bag coleslaw

**Chicken Parmburgers** Poultry

*Ingredients:*

1 lb. ground turkey or chicken

1/3 c. grated Parmesan cheese

1/3 c. Italian seasoned bread crumbs

1 tsp. minced garlic

1 small jar pizza sauce

Sliced jack cheese

4 English muffins or hamburger buns.

*Directions:*

Mix turkey, Parmesan cheese, bread crumbs, and garlic together. Form into 4 patties. Cook in a little olive oil in a nonstick skillet, turning as needed, for 6 minutes or until cooked through (undercooked is more moist). Top with pizza sauce and jack cheese slices. Cover and cook 1 more minute to melt cheese. Serve on toasted buns or English muffins

*Shopping List:*

* 1 lb. ground turkey or chicken
* small jar pizza sauce
* 1 lb mozzarella or jack cheese
* English muffins or hamburger buns

**Chicken Parmesan** Poultry

*Ingredients:*

1 ½ lb. boneless skinless chicken breasts

1 egg, slightly beaten

¾ c. Italian seasoned dry bread crumbs

28 oz. jar spaghetti sauce

4 oz mozzarella or jack cheese

*Directions:*

Preheat oven to 400°. Dip chicken pieces in egg, then bread crumbs. Arrange chicken in 9x13 pan. Bake uncovered 20 minutes. Pour spaghetti sauce over chicken, then top with cheese. Bake 10 more minutes until chicken is no longer pink. Serve with hot cooked pasta.

*Shopping List:*

* ½ bag chicken
* 28 oz. jar spaghetti sauce
* 1 lb mozzarella or jack cheese
* 1 lb box of spaghetti

**Chicken Roll-Ups** Poultry

*Ingredients:*

2 ½ c. cooked chicken (cut up into small pieces)

8 oz. cream cheese

2 cans cream of chicken soup

2 pkg. crescent rolls (refrigerated)

*Directions:*

Preheat oven to 350°. Mix cheese and chicken. Split apart crescent rolls into triangles. Put in 1 T. chicken mix on each triangle. Roll up, sealing all edges. Bake for 20-30 minutes or until crescents are golden brown. Meanwhile, mix 2 can soup with 1 can milk. Heat in small saucepan. Serve with rice.

*Shopping List:*

* ½ bag chicken
* 8 oz cream cheese
* 2 cans cream of chicken soup
* 2 pkg. crescent rolls

**Chicken Soup** Poultry

*Ingredients: Noodle Ingredients:*

1 whole broiler/fryer chicken 2 c. flour

1 chopped onion 2 eggs

1 bunch of celery and leaves 1 tsp. salt

2 carrots ¼ to ½ c. water

Parsley

*Directions:*

Wash chicken, pull off fat or excess skin and any yucky strings. Boil in a lot of water with 1-2 T. salt, 1 chopped onion, 1 bunch of celery and leaves (washed and chopped). When chicken is done lift it out and chill. Strain broth, save onions and celery. Chill broth so fat hardens and can be removed. Mash onions and celery with a fork. Pull chicken off the bones. Put it all back in broth. Shred 2 carrots and add some parsley. Boil a bit, then add noodles. Thicken by mixing ½ c. flour with some milk until smooth, then slowly stir into soup.

*Noodle Directions:*

Mix with dough hooks or by hand with just enough water to form dough. Knead for 5-10 mins. Roll out pretty thin. Cut with pizza cutter and throw in soup.

*Shopping List:*

* 1 whole chicken
* 1 bunch of celery
* 2 carrots

**Chicken Teriyaki** Poultry

*Ingredients:*

1 ½ lb. boneless skinless chicken breasts

¼ c. soy sauce

1 small can crushed pineapple

1 can pineapple rings, cut into chunks

2 cloves garlic

4 tsp. brown sugar

¼ tsp. ginger

*Directions:*

Preheat oven to 350°. Cut chicken into bite-sized chunks. Arrange chicken on covered cooking dish. Combine other ingredients and pour over chicken. Marinate 4-6 hours in refrigerator. Good to flip over halfway through. Bake covered for one hour. Let stand minutes. Serve over rice.

*Shopping List:*

* ½ bag chicken
* small can crushed pineapple
* can of pineapple rings

**Chicken Tortilla Casserole** Poultry

*Ingredients:*

1 ½ lb. chicken breasts, cooked and diced, bit-sized

6 corn tortillas, cut into bite-sized pieces

1 c. sour cream

2 cans cream of chicken soup

1 sm. can diced Ortega green chiles

2 c. grated jack cheese

*Directions:*

Preheat oven to 350°. Mix all wet ingredients with 1 ½ cups cheese. Layer in 9x13 pan: tortillas, chicken, sauce, and repeat. Use ½ c. cheese on top and bake for 45 minutes.

*Shopping List:*

* ½ bag chicken
* 1 pkg. corn tortillas
* 8 oz sour cream
* 2 cans cream of chicken soup
* sm. can diced Ortega green chiles

**Chinese Chicken Marinade** Poultry

*Ingredients:*

1 ½ lb. chicken breasts

½ c. soy sauce

¼ c. olive oil

¼ c. brown sugar

2 cloves garlic, pressed

3 stalks green onions, chopped

1/8 c. sesame oil

½ tsp. pepper

*Directions:*

Mix all marinade ingredients together. Trim fat off chicken and put in a 1 gallon ziplock bag. Pour marinade over top of chicken. Mix up and refrigerate 8 hours or overnight. Grill on George Foreman.

*Shopping List:*

* ½ bag chicken
* 1 pkg. green onions
* Side dish

**Corn Flake Chicken** Poultry

*Ingredients:*

1 ½ lb. chicken breasts

1 c. cornflake cereal, crushed

2 tsp. onion salt

1/8 tsp. pepper

½ c. butter, melted

*Directions:*

Preheat oven to 350°. Mix cereal, salt, and pepper in a ziplock bag. Put melted butter in a bowl. Dip chicken in butter, coat with cereal mixture. Place in baking dish. Drizzle remaining butter over top. Bake for 30-45 minutes until thickest pieces are done.

*Shopping List:*

* ½ bag chicken
* Side dish

**Grilled Lemon Garlic Chicken** Poultry

*Ingredients:*

1 ½ lb. chicken breasts

½ cup lemon juice

¼ cup olive oil

6 cloves garlic

2 tsp. thyme

*Directions:*

In a small bowl combine all ingredients except chicken. Put chicken in a 1-gallon ziplock bag and pour marinade over top. Refrigerate 6-8 hours or overnight. Drain chicken and discard marinade. Cook on grill, stovetop, or George Foreman.

*Shopping List:*

* ½ bag chicken
* Side dish

**Lemon Chicken** Poultry

*Ingredients:*

1 ½ lb. chicken breasts

¼ cup McCormick lemon & herb seasoning

½ cup flour

2 eggs

3 sliced lemons

*Directions:*

Mix flour and lemon seasoning well. Pour onto a plate. Put 2 eggs in bowl and scramble. Set aside. Thaw chicken breasts and cut off fat. Filet any pieces that are extra thick. Pour a thin layer of oil into a frying pan and let warm. Coat chicken breasts with eggs, then roll in flour/lemon mixture. Cover entire breast. Place chicken in frying pan carefully. Cook until nicely browned. Repeat until all chicken is cooked. Serve with sliced lemons squeezed on top.

*Shopping List:*

* ½ bag chicken
* 3 lemons
* Side dish

**Mexican Chicken Soup** Poultry

*Ingredients:*

1 ½ lb. chicken breasts, cubed 2 cans (15 oz) black beans

½ c. water 1 can white corn

1 envelope taco seasoning 6 T. shredded cheddar cheese

1 jar (46 oz) V8 juice Sour cream (optional)

1 jar (16 oz) salsa Cilantro or Parsley (optional)

*Directions:*

In a large nonstick skillet, sauté chicken in oil until no longer pink. Add water and taco seasoning. Simmer until chicken is well coated. Transfer to a crock pot. Add V8, salsa, beans, and corn. Mix well. Cover and cook on low for 3-4 hours or until heated through. Serve with cheese, sour cream, and parsley/cilantro.

*Shopping List:*

* ½ bag chicken
* 1 envelope taco seasoning
* 1 jar (46 oz) V8 juice
* 1 jar (16 oz) salsa
* 2 cans (15 oz) black beans
* 1 can white corn
* 8 oz sour cream

**Mozzarella Chicken** Poultry

*Ingredients:*

1 ½ lb. chicken breasts

Dried bread crumbs

Milk

¼ c. butter, melted

Mozzarella or Jack cheese

Seedless raspberry jam

*Directions:*

Preheat oven to 350°. Put milk in bowl, put bread crumbs on a plate. Dip chicken breasts in milk, then coat with bread crumbs. Place in baking dish and drizzle melted butter over top. Bake 30 minutes. Sprinkle grated mozzarella/jack cheese on each chicken breast. Bake just until melted. Serve with raspberry jam on top.

*Shopping List:*

* ½ bag chicken
* Mozzarella/Jack cheese
* Side dish

**Poppyseed Chicken** Poultry

*Ingredients: Topping Ingredients:*

1 ½ lb. chicken breasts, cut up and boiled 1 roll of ritz crackers, finely crushed

½ c. melted butter ¼ c. melted butter

2 cans cream of chicken soup 1 T. poppy seeds

12-16 oz. light sour cream

*Directions:*

Preheat oven to 350°. Mix butter, soup, and sour cream in medium bowl. Pour over boiled chicken in a baking dish. Mix topping ingredients and sprinkle over top. Cover with foil and bake 30 minutes. Serve over rotini noodles.

*Shopping List:*

* ½ bag chicken
* 2 cans cream of chicken soup
* 16 oz. sour cream

**Thanksgiving Turkey** Poultry

*Ingredients:*

1 turkey

1 cube butter

1 chopped onion

3 stalks celery with leaves

1 loaf of bread

*Directions:*

Thaw bird in sink in cold water for 1-2 days. Clean bird, save giblets and neck. Pick out veins and gross stuff from body cavity. Rub salt between breast skin and meat. Also rub inside cavity. Boil giblets with plenty of water and some salt. Melt 1 cube butter. Fry chopped onion and celery. Cut 1 loaf of bread into cubes. Pour melted butter/onion/celery over top of bread. Add enough giblet broth to moisten. Stuffing goes into body cavity 1st, sew shut. Then put stuffing in neck cavity and sew too. Heat oven to 275°. Place turkey on rack, breast DOWN! Tuck in wings and legs. Set rack in flat broiler pan. Put in oven for 35 minutes per pound. If it gets too brown make a foil tent.

*Shopping List:*

* Turkey
* Celery
* Loaf of bread

**Tortellini Soup** Poultry

*Ingredients:*

1 ½ lb. chicken breasts, diced

2 stalks celery including leaves, chopped

1 onion, chopped

49 oz. can Swanson’s chicken broth

2 ½ cups water

½ tsp. celery seed

½ tsp. basil

½ tsp. garlic salt

1 tsp. salt

Sprinkle of red pepper flakes

20 oz. package refrigerated tortellini pastas

*Directions:*

Sautee the chicken, celery, and onions in olive oil. Meanwhile, boil broth, water and spices in largest pot. Add chicken mixture to pot and boil for a few minutes. Add tortellini pastas and cook about 15 minutes. Enjoy!

*Shopping List:*

* 1 pkg frozen chicken breasts
* Celery
* 49 oz can Swanson’s chicken broth
* 20 oz. package refrigerated tortellini pastas

**Turkey Wraps** Poultry

**(LeAnne cookbook)**

*Ingredients:*

12 T. cheddar cheese, shredded

2 T. thinly sliced green onions

4 tsp. Dijon mustard

8 oz. cream cheese

6 flour tortillas

1 ½ c. cooked turkey breast, diced

1 ½ c. shredded lettuce

*Directions:*

Combine first 4 ingredients in a bowl; stir well. Spread 3 T. cheese mixture over each tortilla. Top each with ¼ c. turkey and ¼ c. lettuce. Roll up and serve.

*Shopping List:*

* 1 pkg. turkey breasts
* 1 pkg. green onions
* 8 oz. cream cheese
* 1 bag shredded lettuce

**12 Bean Soup** Vegetarian

*Ingredients:*

1 pkg. 12-bean soup mix 4 T. bulls eye BBQ sauce

1 chopped onion 1 T. sugar

1 small clove garlic 3 stalks celery, diced

¼ tsp. lemon pepper 2 carrots, diced

2 T. ketchup 1 pinch red pepper flakes

28 oz. can whole tomatoes ¼ tsp. salt and ginger

*Directions:*

Wash 2 cups of beans. Soak in a large pot overnight. Drain. Add 8 cups water, a piece of ham, 1 tsp. salt, and ¼ tsp. ginger. Bring to a boil and cook until beans are tender (about 1 hour). Add remaining ingredients. Bring to a boil. Simmer 2 ½ to 3 hours. Stir and add water as needed. For more zest, double all spices.

*Shopping List:*

* 12 bean soup mix
* 28 oz can whole tomatoes
* celery
* carrots

**Baked Macaroni and Three Cheese** Vegetarian

**(LeAnne cookbook)**

*Ingredients:*

1 lb ziti pasta, cooked al dente

28 oz. jar spaghetti sauce

1 c. light sour cream

8 oz. provolone cheese, thinly sliced

8 oz. jack cheese, shredded

heaping ½ c. Romano/Asiago/Parmesan cheese, shredded

*Directions:*

Preheat oven to 350°. Cook pasta and drain. In a large bowl mix together pasta, spaghetti sauce, and sour cream. Mix together jack and Romano cheese combo. Layer half the pasta mixture into a 9x13 baking dish. Sprinkle half shredded cheese mix on top. Lay 6 slices of provolone cheese over top. Layer remaining pasta on top of cheese, then add remaining shredded cheese mix and provolone. Bake for 30 minutes or until bubbly. Don’t let the cheese brown.

*Shopping List:*

* 16 oz. ziti pasta
* 28 oz. jar spaghetti sauce
* 8 oz. sour cream
* 1 lb. jack cheese
* Tub of shredded Romano/Asiago/Parmesan

**Black Bean Burgers** Vegetarian

*Ingredients:*

15 oz. can black beans, drained

1 egg, beaten

1/3 c. red onion, minced

1/3 c. dry bread crumbs

1 tsp. chili powder

1/3 c. mayonnaise

1/3 c. salsa

*Directions:*

Mash 2/3 of black beans. Add 1/3 whole beans, egg, red onion, bread crumbs, and chili powder. In a small bowl, combine mayo and salsa. Chill both for 30 minutes.

Form bean mixture into 4 burgers. Cook in lightly oiled frying pan about 5 minutes each side on medium. Serve on buns with toppings, including salsa mayo.

*Shopping List:*

* 15 oz. can black beans
* Red onion
* Hamburger buns

**Black Bean Pie** Vegetarian

*Ingredients:*

2 tsp. jarred minced garlic (can use fresh) 1 T. olive oil

15 oz. can black beans, drained and rinsed 3/4 of a 28-oz can diced tomatoes with their

3 oz. tomato paste juice (or use bottled tomatoes)

1 tsp. ground cumin Juice of half a lime

Refrigerated rolled pie crust (top and bottom) 4 oz. grated cheddar cheese

*Directions:*

Saute the garlic in olive oil. Add beans, tomatoes, tomato paste, cumin, and lime. Bring ingredients to a boil, reduce heat, cover, and simmer for 30 minutes, stirring occasionally. Preheat oven to 350°. Shape one half of piecrust in a pie pan. Pour bean mixture into bottom of the crust, top with a layer of cheddar cheese. Then cover with the other half of the piecrust. Pinch top and bottom of piecrust together; make several slits in the top with a knife. Bake for approximately 35 minutes or until the crust is slightly brown around the edges. Can top with sour cream if desired.

*Shopping List:*

* 15 oz. can black beans - 28 oz can diced tomatoes

- 6 oz. jar tomato paste - 1 lime

* Refrigerated rolled pie crust - 1 lb. cheddar cheese
* 8 oz. sour cream (optional)

**Chunky Potato Soup** Vegetarian

*Ingredients:*

6 medium red potatoes (cut in small cubes)

3 c. water

1 small onion, chopped

4 T. butter

4 T. flour

½ tsp. crushed red pepper flakes

¼ tsp. ground black pepper

3 c. milk

½ tsp. sugar

1 c. shredded cheddar cheese

1 c. cubed cooked ham (optional)

*Directions:*

In large saucepan, boil water and cook potatoes until almost done. Drain reserving 1 cup liquid. Set potatoes aside. Melt butter, add chopped onion. Cook stirring frequently until onion is tender (not brown). Add flour, flakes and pepper to taste. Gradually add cooking liquid, milk and sugar to onion mixture. Stir well. Add in potatoes and ham (optional). Simmer on low for 30 minutes stirring frequently. Add cheese just before serving.

*Shopping List:*

* Red potatoes

**Cream of Roasted Tomato Soup** Vegetarian

*Ingredients:*

1 ½ lbs. tomatoes, cut in half

fresh garlic cloves

olive oil

6 oz. can tomato paste

salt and pepper to taste

1 c. chicken broth (more if needed to dilute)

½ c. diced onion, sautéed

basil and Italian seasoning

¾ c. cream (2% milk is ok but less creamy)

*Directions:*

Preheat oven to 400°. Lay tomato halves cut side up on cookie sheet with sides. Brush olive oil over each half (top and sides). Add a sliver of garlic to each tomato and sprinkle seasonings over them. Roast in oven until charred, 20-30 minutes. Blend tomatoes in blender and pour into large pot. Add onions and mix. Add broth, tomato paste, and cream and simmer until hot. Add salt and 1 T. of sugar.

*Shopping List:*

* Chicken broth
* 6 oz. can tomato paste
* ¾ c. cream
* tomatoes (if none from garden)

**Crepes** Vegetarian

*Ingredients:*

1 c. flour

1 c. milk

3 eggs

pinch of salt

1 tsp. vanilla

handful of sugar

¼ c. butter

*Directions:*

Mix all together. Cook in thin layer on well-greased non-stick frying pan.

*Shopping List:*

**Crock Navy Bean Soup** Vegetarian

**(LeAnne cookbook)**

*Ingredients:*

1 lb dried navy beans, rinsed and drained

6 c. chicken broth

1 onion, chopped

1 stalk celery, chopped

2 cloves garlic, pressed

1 bay leaf

1 can diced tomatoes, undrained (try with Italian-seasoned)

*Directions:*

In a crock-pot, combine the first six ingredients. Cook on high for one hour, turn it down to low and cook for 8-10 hours. When beans are tender, add tomatoes and salt and pepper to taste.

*Shopping List:*

* 1 lb navy beans
* 6 cups chicken broth
* celery
* lg. can diced tomatoes
* 1 pkg frozen rolls

**Manicotti with Cheese** Vegetarian

*Ingredients:*

1 pkg. manicotti shells

15 oz. cottage cheese

2 c. (8 oz.) mozzarella cheese, reserve ½ c.

¼ c. parmesan cheese

1 T. parsley

½ tsp. salt

28 oz. jar spaghetti sauce

*Directions:*

Preheat oven to 350°. Cook pasta. Let cool. Combine other ingredients in large bowl. Spread thin layer of sauce on bottom of 9x13 pan. Stuff noodles with cheese mixture. Arrange in single layer on sauce. Cover with remaining sauce and sprinkle with ½ c. mozzarella cheese. Cover with foil. Bake for 40 minutes. Remove foil and bake for 15 more minutes until sauce is hot and bubbly.

*Shopping List:*

* 1 pkg. manicotti
* 15 oz. cottage cheese
* 1 lb. mozzarella cheese
* 28 oz. jar spaghetti sauce

**Spaghetti (chili sauce)** Vegetarian

*Ingredients:*

2 cans GV no bean chili

*Directions:*

Heat chili in small saucepan. Meanwhile, boil water in a large pot. Cook spaghetti noodles until done. Pour sauce over noodles and top with cheddar cheese.

*Shopping List:*

* 2 cans GV no bean chili
* 2 lb. spaghetti noodles

**Three Cheese Tuna Casserole** Vegetarian

*Ingredients:*

8 oz. spiral pasta or medium shells

1 can cream of chicken soup

1 c. milk

6 oz. can of tuna

1 c. each grated jack and cheddar cheese

3 oz. sour cream

½ tsp. seasoned salt

¼ tsp. black pepper

Dried bread crumbs or Durkee French Fried Onions

*Directions:*

Preheat oven to 350°. Cook pasta and drain. Heat soup, milk, and cheeses until melted. Combine pasta, sauce, tuna, and seasonings. Pour into oval baking dish. Sprinkle with bread crumbs. Cover and cook for 25 minutes. Optional: put in 1 c. Durkee French Fried Onions in mixture and ½ c. on top for last 5 minutes of cooking.

*Shopping List:*

* 8 oz. pasta
* 1 can cream of chicken soup
* 6 oz can of tuna
* 1 lb. jack and cheddar cheese
* 8 oz. sour cream