

# 12 Foods = 6 Meals

## Italian Flavor

By keeping these 12 foods in your fridge, freezer, and pantry, you have the staples to whip up 6 quick, nutritious and tasty meals any day of your busy week!!! These are meals kids love. Here are the 12 foods:

1. Pasta or noodles
2. Eggs
3. Lean ground beef
4. Potatoes
5. Celery
6. Bread dough
7. Mozzarella cheese
8. Spaghetti or enchilada sauce
9. Mixed vegetables, frozen, large bag
10. Stewed tomatoes, canned, or fresh tomatoes
11. Beef broth, canned (try the fat free - it's delicious), or homemade
12. Beans, fresh cooked or canned, such as kidney, great northern, white or pinto

You can make all of your meals more enjoyable and nutritious by slicing some fresh fruit, putting bread, bagels or rolls in a basket, pouring milk and ringing the dinner bell. Enjoy!!!

# Hamburger Heaven

- ◆ 1/2 pound ground beef
- ◆ 1/2 pound cheese, sliced
- ◆ 1 cup celery, chopped
- ◆ 2 cups medium noodles, uncooked
- ◆ 1 (15 ounce) can stewed tomatoes
- ◆ 1 can beef broth or 1 cup water
- ◆ 2-3 potatoes, diced small



1. Brown meat lightly in a skillet. Drain fat.
2. Add the remaining ingredients in layers.
3. Fill empty tomato can with about 1 can beef broth or water and pour over all.
4. Bring to boil on high heat; then reduce to simmer and cook for 30 minutes until potatoes are tender.

- ◆ Serves six.



**If you are using frozen meat, thaw in the refrigerator 24 hours before cooking.**



# Quick Minestrone Soup

- ◆ 1 (16 oz package) of mixed frozen vegetables like broccoli, carrot, cauliflower
- ◆ 2 (15 oz ) cans stewed tomatoes
- ◆ 1 stalk celery, chopped
- ◆ 3 1/2 cups water or 3 cans beef broth
- ◆ 1 (15 oz) can beans, drained
- ◆ 2 oz. macaroni noodles, uncooked
- ◆ 1 cup mozzarella cheese

\*Optional—Parmesan cheese and 1 onion, chopped fine

1. In a large pot, add all ingredients. Bring to boil.
2. Reduce heat and simmer for 6-8 minutes, or until pasta is cooked.
3. Sprinkle with mozzarella cheese before serving.



**Leftovers? Refrigerate in a sealed plastic container soon after dinner. Leftovers are great for lunch at work!**



# Meatball Fun



- ◆ 2 medium potatoes with skins, cubed
- ◆ 1 stalk celery, chopped
- ◆ 1 can stewed tomatoes
- ◆ 2 cans (15 oz) beef broth or 3 cups
- ◆ 1 t pepper
- ◆ 1 1/2 cups vegetables, frozen
- ◆ 1 lb. ground beef, lean
- ◆ 1 egg
- ◆ 1/2 cup parmesan cheese

\*Optional 4 medium carrots, peeled and sliced plus 1 medium onion, chopped instead of the frozen vegetables

1. Combine the first five ingredients in a large pot. Cover and simmer for 30 minutes.
2. Meanwhile, combine the meat with an egg in a bowl and shape mixture into 1-inch balls. Add to pot and simmer, covered, for 15 minutes or until meatballs are tender.
3. Add the frozen vegetables and simmer for 5 more minutes.
4. Serve in bowls. Sprinkle cheese on each serving.

- ◆ Serves six.



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# Yum Yum Pizza



- ◆ 1 pizza crust made from frozen bread dough\*\*
- ◆ 2/3 cup spaghetti sauce
- ◆ 2/3 cup grated mozzarella cheese
- ◆ 1 cup ground beef, lean (about ½ pound)
- \*Optional - 1/3 cup olives, mushrooms, onion, broccoli or green pepper chopped
- \*Optional - 1 cup fresh or frozen spinach, thawed & drained
- \*Optional - sprinkle with parmesan cheese

1. Roll loaf to fit a 12" pizza pan or 9" x 13" cookie sheet. Bake for 10 minutes at 400 degrees.
2. Cook meat in skillet and drain fat.
3. Add spinach to meat and cook over low heat for 3 minutes. Cover.
4. Spread spaghetti sauce over pizza crust. Spoon beef mixture on top of crust. Top with spinach and sprinkle with cheese, and any or all of the other optional items.
5. Bake again at 400 degrees for 10-15 minutes or until the cheese is bubbly.

- ◆ Serves three (six pieces).

-Bread Dough-

\*\*Thaw one loaf for 1 1/2 hours at room temperature or leave in refrigerator (cover loaf) for 8-10 hours before use.



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# Quick Chili



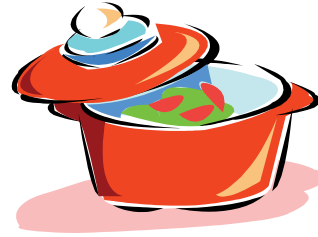
- ◆ 1/2 lb. ground beef
  - ◆ 1 (15 ounce) can beans, drained (save liquid)
  - ◆ 1 cup stewed tomato, chopped
  - ◆ 1 1/2 T chili powder
- \* Optional 3 T minced onion and 1 stalk celery, chopped

1. Cook beef in fry pan until brown. Drain fat.
2. Stir in other ingredients
3. Bring to boil. Reduce heat, cover, and simmer for 10 minutes.



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# Topsy-Turvy Casserole



- ◆ 2/3 pound ground beef
- ◆ 1 cup mixed vegetable (frozen)
- ◆ 1 can stewed tomatoes
- ◆ 1 1/2 cups celery, sliced
- ◆ 1 cup spaghetti sauce or 1 can tomato soup, undiluted
- ◆ Bread dough

1. Brown meat in a skillet. Drain fat.
2. Add vegetables and cook lightly.
3. Stir in spaghetti sauce and tomatoes. Simmer a few minutes. If skillet is not oven proof, transfer ingredients to an oven-proof pan.
4. Add topping of dough shaped to fit top of pan.
5. Bake in 425° oven 15 minutes or until well browned. Invert on serving plate and decorate with cheese triangles.

- ◆ Serves six to eight.



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