

WEEK
11

8-Can Taco Soup

Too easy—and so good!

- 1 can black beans, drained & rinsed
- 1 can red beans, drained & rinsed
- 1 can cream of chicken soup
- 1 can chicken broth
- 1 can green enchilada sauce
- 1 can corn
- 1 can green chiles
- 1 can chicken (or 1 chicken breast, cooked & shredded)
- 1 packet taco seasoning (okay—so it's not a can . . .)

Combine all ingredients, stir well and cook over low heat for 30 minutes.

Quick Corn Muffins

- 1 box Jiffy corn bread mix
- 1 box Jiffy yellow cake mix
- 2 eggs
- 1/2 c cold water
- 1/3 c cold water

Prepare each mix as directed on package. Pour both mixes into same bowl and stir, combining well. Pour into greased muffin tin and bake at 400° for 15-20 minutes. Makes 10-12 muffins, depending on size. For a special touch, serve with Honey Butter: Blend well 1/4 lb. soft butter with 1T honey until fluffy.



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Meaty Mac & Cheese

- 1 lb ground beef or turkey
- 1/2 c chopped onion
- 1 28-oz can crushed tomatoes in puree
- 2 Tbs Worcestershire sauce
- 3 Tbs butter
- 1 c bread crumbs
- 3 1/2 Tbs flour
- 3 c hot milk
- 1 Tbs Dijon mustard
- 2 C grated sharp cheddar
- 1 lb pasta

Fry meat and onion until meat is brown and onion is soft. Add tomatoes and Worcestershire sauce. Simmer approximately 10 min. Salt and pepper to taste. Melt butter in large saucepan. Pour 1 Tbs butter into medium bowl. Add bread crumbs to bowl with butter and stir to combine. Whisk flour into butter in saucepan and cook over moderate heat, whisking, until mixture is pale brown. Whisk in milk in a slow, steady stream, and simmer, stirring occasionally, until slightly thickened. Remove from heat and add cheeses, whisking until melted and almost smooth.

Cook pasta until al dente. Drain. Pour cheese sauce over pasta and combine well. Spoon meat mixture into bottom of greased 9x13 pan. Top evenly with macaroni and cheese. Cover with bread crumbs. Bake at 400° for about 20 min, until brown and bubbly.



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