

WEEK

4

BEST MEATLOAF EVER

1-1/2 lb ground beef or turkey 1/4 tsp ketchup
1 c Ritz cracker crumbs 1 tbs Worcestershire sauce
1/3 c milk 1 egg
1/4 c chopped onion

Mix all ingredients well and pat into loaf pan which has been sprayed with cooking spray. Bake at 350° for 45 minutes. Meanwhile, make

Sauce:

8 1/4 oz crushed pineapple in heavy syrup
1/2 c ketchup
1 Tbs chopped onion
2 Tbs brown sugar
2 tsp cornstarch

Combine all ingredients in small sauce pan and bring to boil over medium heat. Cook, stirring constantly, until sauce thickens. Spread over meatloaf and continue to bake for 15-20 minutes. Let stand 5 minutes before slicing.

CARROT SALAD

4 large carrots, shredded (or purchase pre-shredded carrots)
1/2 c raisins
1/2 c sunflower seeds
Mayonnaise to moisten
Combine all ingredients & refrigerate.

SUGGESTION:

*Serve with baked potatoes
and green beans*



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4

CROCKPOT CHICKEN TACO CHILI

1 can black beans
1 can kidney beans
1 can corn kernels
16 oz tomato sauce
28 oz diced tomatoes
1 packet taco seasoning
1 Tbp chili powder, optional
3 boneless chicken breasts

Combine all ingredients in crock pot and cook for 6 hours on high or 10 hours on low. Remove chicken breasts from pot and shred or cube and return to chili.

SUGGESTION: Serve with corn bread from a packaged mix, and celery, carrot & cucumber sticks with Ranch dip.

2-INGREDIENT LEMON BARS

1 package angel food cake
1 can lemon pie filling

1. Preheat oven to 350°.
2. Mix cake mix and pie filling together. Pour into 9x13 pan and bake for 20 minutes.
3. Top with powdered sugar, if desired.

DO NOT FOLLOW DIRECTIONS
FOR CAKE MIX. ONLY ADD PIE
FILLING.



Faith@Home