

HAMBURGER SOUP

- 1lb ground beef or turkey
- 1 med onion, chopped
- 3 carrots, chopped
- 3 large stalks celery, chopped
- 1 tbs dried basil
- 1 can chopped tomatoes
- 1 can beef broth
- 4 c water
- 3 tbs ketchup
- 1 tsp seasoning salt
- 1/4 c uncooked barley

Brown beef with onion in large pot and drain well. Add all ingredients except Barley and simmer for an hour. Add barley and continue to cook on low for 30 more minutes. Soup can be made in crockpot. Brown meat, add everything but barley to crockpot and cook on low for 6-8 hours. Add barley for last 30 minutes.

QUICK & GOOD ROLLS

- 2 c Bisquick
- 1/2 c sour cream
- 1/2 c lemon-lime soda (7-Up/Sprite)
- 1/4 c butter, melted

1. Cut sour cream into Bisquick with a fork.
2. Add soda and stir to make soft dough.
3. Melt butter in bottom of 9" pan
4. Drop dough by tablespoons in 9 mounds onto melted butter.
5. Bake for 20 minutes until brown.



Chicken Cacciatore

- 1 chicken, cut up or 5-6 chicken breasts
- 1 16-oz can tomato sauce
- 1 6-oz can tomato paste
- 1/2 c chopped onion
- 2 cloves garlic, minced, or 1/2 tsp garlic powder
- 1¼ tsp ground oregano
- 2 tsp dried parsley
- 1/4 tsp ground thyme
- Salt & pepper to taste
- 2 c water
- 1 ½ c shredded mozzarella cheese
- Spaghetti

1. Preheat oven to 425°. Spray or grease a 9x13 pan.
2. Arrange chicken pieces in pan.
3. Combine remaining ingredients and stir well. Pour over chicken.
4. Bake for 40 minutes until chicken juices run clear.
5. Top with Mozzarella and return to oven until cheese melts, or place under broiler to brown cheese.
6. Serve over spaghetti.

SUGGESTION

Serve with a green salad and garlic bread.*

If you haven't tried the garlic bread from the freezer case at Costco, you might want to check it out. It's wonderful!

