

WEEK

9

SIMPLE SLOPPY JOES

1 lb lean ground beef
1 can condensed chicken gumbo soup
2 tbs ketchup or your favorite barbecue sauce
1 tbs yellow mustard
1 c water
Salt & pepper to taste
Buns

1. In large skillet over medium heat, brown meat. Drain grease from pan.
2. Stir in soup, yellow mustard, ketchup, water, salt and pepper. Turn heat to medium low and simmer uncovered for about 20 minutes until liquid is absorbed and mixture is thickened.
3. Serve burger-style or open-face.

SIMPLE SALAD

2 c cottage cheese
2 3-oz package lemon, lime, or orange jello
1 c finely chopped celery/carrot/green onion/bell pepper in any combination you choose.

1. Stir all ingredients together.
2. Refrigerate for 15 minutes.

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CROCKPOT PIZZA

1 lb lean ground beef
1/4 c onion, chopped
1 small pkg pepperoni slices
1 15-oz can pizza sauce
1/2 pkg rigatoni noodles (or other pasta shape)
2 c mozzarella cheese

1. Brown ground beef with onion.
2. Pour into crockpot.
3. Add pepperoni and noodles. Pour pizza sauce over all and mix gently.
4. Cook on low for 6-8 hours or on high for 4-5 hours.
5. During last half hour, spread the mozzarella over the top and continue cooking until melted.

GARLIC GREEN BEANS

1 lb fresh or frozen green beans
1/2 c sliced fresh mushrooms
6 tbs butter or margarine
2 tsp onion powder
1 tsp garlic powder

Cook green beans in water to cover until crisp-tender. In a skillet, saute mushrooms in butter until tender. Add onion powder and garlic powder. Drain beans; add to skillet and toss. Season with salt and pepper



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