

## ELBOW MACARONI DINNER

January & July

- 4 lbs. ground beef
- 1 - 16 oz. pkg. macaroni
- 2 - 15 oz. cans chili
- 2 - 10 1/2 oz. cans tomato soup
- 2 onions, chopped

1. *Brown ground beef and onions, drain.*
2. *Boil macaroni until tender and drain.*
3. *Add all ingredients to pan and mix well.*
4. *Pour mixture in aluminum pan.*
5. *Cover, label and freeze!*

## MOSTACCIOLI MOSTA

February & August

- 4 lbs. ground beef
- 2 onions, chopped
- 3 - 16 oz. cans diced tomatoes
- 2 - 8 oz. cans tomato sauce
- 1 tsp. salt, 1/2 tsp. pepper
- 1/4 tsp. ground oregano
- 1 - 16 oz. pkg. mostaccioli
- 8 oz pkg. mozzarella

1. *Brown ground beef and onions, drain.*
2. *Add tomatoes, tomato sauce, salt, pepper and oregano to meat and onions.*
3. *Simmer mixture on low temp for 10 minutes.*
4. *Boil mostaccioli until tender and drain.*
5. *Combine cooked mostaccioli and meat mixture in pan and mix well.*
6. *Sprinkle top with mozzarella.*
6. *Cover, label and freeze!*

## CHILI CON CARNE

March & September

- 3 lbs. ground beef
- 3 onions, chopped
- 3 - 16 oz. cans kidney beans
- 2 - 10 1/2 oz. cans tomato soup
- 2 - 16 oz. cans diced tomatoes
- 3 tsp. garlic powder
- 1 tsp. sugar, 2 tsp. salt
- 3 Tbsp. chili powder

1. *Brown ground beef and onions, drain.*
2. *Add all remaining ingredients and mix well.*
3. *Simmer mixture on low temp for 15 minutes.*

- 4. Pour mixture in aluminum pan.*
- 5. Cover, label and freeze!*

### CHICKEN NOODLE CASSEROLE

**April & October**

- 1 - 16 oz. pkg. macaroni
- 4 cups cooked chicken, cut up
- 1 - 16 oz pkg. frozen mixed vegetables
- 3 cans cream of chicken soup
- 1 can water
- 2 tsp. Mrs. Dash

- 1. Spray foil pan with Pam.*
- 2. Boil macaroni until tender and drain.*
- 3. Add all ingredients to pan and mix well.*
- 4. Cover, label and freeze!*

### BEEF & NOODLES

**May & November**

- 4 lbs. ground beef
- 3 onions, chopped
- 1 - 16 oz. pkg. medium noodles
- 2 - 32 oz. jars spaghetti sauce
- 1 - 4 oz. can mushrooms, drained
- 1 Tbsp. garlic powder
- 2 tsp. sweet basil, 1 tsp. sugar
- 8oz. shredded cheddar cheese

- 1. Brown ground beef and onions, drain.*
- 2. Add spaghetti sauce, mushrooms, garlic, basil and sugar and mix well.*
- 3. Simmer mixture on low temp for 10 minutes.*
- 4. Boil macaroni until tender and drain.*
- 5. Add macaroni to meat mixture and stir well.*
- 6. Pour mixture in aluminum pan.*
- 7. Sprinkle top with cheddar cheese.*
- 8. Cover, label and freeze!*

### LAREDO CHICKEN CASSEROLE

**June & December**

- 4 cups cooked chicken, cut up
- 8oz. shredded sharp cheddar cheese
- 1 - 15 oz. can kidney beans, rinsed & drained
- 1 - 14 1/2 oz. can diced Mexican tomatoes
- 1 - 10 3/4 oz. mushroom soup
- 1 cup each, frozen corn & peas
- 1/2 cup sour cream

- 1. Spray foil pan with Pam.*
- 2. Add all ingredients to pan and mix well.*
- 3.. Cover, label and freeze!*