

Beef & Macaroni

- 1 pound ground beef
- 30 ounces spaghetti sauce
- 7 ounces dry elbow macaroni, cooked
- 1/2 cup Miracle Whip®
- 1 cup shredded cheddar cheese

Brown beef. Drain. Stir in spaghetti sauce, macaroni and Miracle Whip. Heat. Top with Cheese.

Creamy Chicken Roll-Ups

- 3 ounces cream cheese
- 1 can chopped olives
- 1 onion
- 1 cup grated cheddar cheese
- 4 ounces sour cream
- 4 thawed, breaded chicken breasts
- melted butter
- parmesan cheese
- 2 8-oz cans crescent rolls

1. Mix everything, except crescent rolls, together in food processor until well mixed and pasty.
2. Take crescent rolls, separate and roll out thin. Place 2 tablespoons of filling in center of each roll and roll up. Brush with melted butter. Sprinkle with parmesan cheese. Bake at 350 for 25 min.

Don't Forget the VEGGIES!
Be sure to add vegetables as a side dish or to a main dish when preparing meals.

Eat dark green leafy vegetables at least 3 times each week

Meatball Dipping Sauce

- 1/3 cup orange juice frozen concentrate, thawed
- 1/4 cup honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon dried tarragon
- 1 tablespoon cornstarch
- 3/4 cup chicken broth

Bring orange concentrate, honey, vinegar, mustard and tarragon to boil in small saucepan. Mix cornstarch and chicken broth. Stir into boiling mixture. Boil, stirring constantly; until thickened, 1 min.

BBQ Beef Patties
Pork & Beans
Green Beans

Supreme Pizza
Salad
Broccoli and Cheese

Baked Corn Dogs
French Fries
Fresh Carrot & Celery sticks

Reduce the FAT!

Reducing fat in cooked patties

Place patties on plate lined with 3 layers paper towels
Let stand 30 seconds, turn over & let rest 30 seconds
Meatloaves & meatballs
Place on 3 layers paper towels & leave 1 minute
Blot gently with more towels

Reducing fat in cooked crumbles

Microwave 4 cups water in 1-quart glass measuring cup or microwaveable bowl on HIGH 5 to 6 minutes or until very hot, but not boiling (150o to 160oF). While you are browning hamburger meat. Drain fat from skillet. Place beef on layered paper towels and blot. Place beef in strainer and pore hot water over beef and let drain.

Barbeque Beef Patties

- Use the Hamburger Steaks w/ bacon
- 1 medium onion, sliced
- 1 teaspoon salt
- 1/3 cup catsup
- 1/2 cup chili sauce
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice

Brown the patties in a large skillet over medium-high heat, turning once. Cover and cook over low heat about 10 minutes. Drain off the excess fat. Mix catsup, chili sauce, brown sugar, and lemon juice. Pour sauce over the patties. Cover and simmer for 15 minutes, spooning the sauce onto the patties occasionally. Serve with the sauce spooned over the patties.

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