

5 Weeknight Doublers

Dish **Pizza & Pasta Bake**

<u>Ingredients</u>	<u>Quantity</u>
Spiral Pasta	2 Cups
Ground Beef	1 Lb
Onion, diced	1 Cup
Salt	1 tsp
Spaghetti Sauce	1 Jar
Tomato Paste	1 6oz Can
Garlic Salt	1 tsp
Italian Seasoning	1 tsp
Pepperoni Slices	1 3.5oz Pkg
Mozzarella Cheese	3 Cups

- Cook pasta according to package directions. (Cook 1/2 time if freezing)
- In a skillet cook ground beef; drain fat. To beef add diced onion, salt, spaghetti sauce, tomato paste, garlic salt and Italian Seasoning. Simmer 15 minutes.
- Combine pasta with meat sauce.
- Cut 3/4 of the package of pepperoni into quarters and add to pasta. Stir in 2 cups mozzarell cheese.
- Pour mixture into a 9x13 baking dish. Top with remaining mozzarella and pepperoni slices.
- Cover with plastic wrap AND tinfoil; Freeze.
- To serve - remove plastic wrap, replace tinfoil and bake at 375 until heated through.

Ravioli Soup

Ground Beef	1 lb
Parmesan Cheese	0.25 Cup
Onion Salt	0.75 tsp
Minced Garlic	1 tsp
Olive Oil	1 Tbsp
Onion, diced	1.5 Cup
Crushed Tomatoes	1 28oz Can
Tomato Paste	1 6oz Can
Beef Broth	1 14.5 oz Can
Water	1 Cup
Sugar	0.5 tsp
Basil Leaves	0.5 tsp
Dried Thyme	0.25 tsp
Oregano	0.25 tsp
Fresh Parsley	0.25 Cup
Frozen Ravioli	1 13oz Pkg

- Cook ground beef in large stock pot until no longer pink; drain fat. Combine reamaining ingredients, except ravioli. Bring to a boil and simmer for 10 minutes.
- Cool, place in a container and freeze.
- To serve: thaw soup and place in a large stock pot. Bring to a boil, reduce heat and simmer (stirring occasionally). Cook ravioli according to package directions, drain and add to soup.

Sloppy Joes

Ground Beef	1 lb
Onion, diced	1 Cup
Garlic Salt	1.25 tsp
Pepper	0.25 tsp
Chile Sauce	0.5 Cup
Brown Sugar	0.25 Cup
White Vinegar	1 Tbsp
Mustard	1 Tbsp
Tomato Sauce	1 8oz Can

- In a large skillet cook beef until no longer pink; drain fat. Add onion and cook 5 minutes longer. Add remaining ingredients and simmer for 10 minutes.
- Cool and freeze.
- To serve; thaw, heat and serve on hamburger buns

Southwestern Chicken Soup

Salsa Verde	1 12oz Jar
Chicken, cooked and diced	3 Cups
Cannellini Beans	1 15oz Can
Chicken Broth	3 Cups
Ground Cumin	1 tsp
Green onions (garnish)	2
Sour Cream (garnish)	0.5 Cup
Tortilla Chips (garnish)	

- Empty salsa into a large saucepan. Add chicken, beans, broth and cumin. Bring to a boil, reduce heat and simmer for 10 minutes.
- Cool and freeze.
- To serve; thaw, bring to a boil and garnish with onions, sour cream and tortilla chips.

Chicken AND Steak Fajitas

Boneless Skinless Chicken	3
Steaks	3
Yellow Bell Pepper	1
Red Bell Pepper	1
Green Bell Pepper	1
Orange Bell pepper	1
Red Onion	1
Steak Seasoning (or garlic salt)	

- Season front and back of chicken and steak with seasoning of your choice. Broil until cooked through, about 7 minutes per side. Set aside and allow to cool.
- Meanwhile slice peppers and onions. Layer sliced vegetables on a cookie sheet and flash freeze for 20 minutes.
- Slice chicken and steak. Place approximately 1/2 cup meat and 1/2 cup veggies PER family member into a freezer bag.
- To serve; place contents of 1 bag in a hot skillet and cook until peppers are tender and meat is hot.
- Garnish with sour cream and salsa.