

Sloppy Joe Nachos

Thaw and reheat in skillet. Once warmed through, assemble nachos with tortilla chips, meat sauce and shredded cheese. Bake at 350 for 15 minutes, or until cheese has melted. Serve with sour cream garnish and side of fruit.

Date: _____



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Cheeseburger Rice

Thaw and reheat in skillet. Once warmed through, add the rice and hot water. Cover and cook for 20 minutes, or until rice is tender. Serve with shredded cheese garnish, and side of veggies.

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Unstuffed Peppers {Filling}

Thaw and reheat in saucepan. Once warmed through, add rice and hot water. Cover and cook for 20 minutes, or until rice is tender. Serve with shredded cheese garnish and salad.

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Thaw and reheat in saucepan. Once warmed through, add rice and hot water. Cover and cook for 20 minutes, or until rice is tender. Serve with shredded cheese garnish and salad.

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Baked Spaghetti

Thaw completely and bake covered at 350 F for 30 minutes, then uncovered for 15 to 20 minutes. If cooking from partially thawed, keep covered and increase bake time by 30 minutes.

Serve with side salad.

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Beef & Veggie Skillet

Thaw and reheat in skillet. Bring to bubbling, then add hot water and simmer for 6 to 8 minutes, or until veggies are softened. Serve with grated Parmesan cheese garnish, dinner rolls and salad.

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