

Bolognese Sauce

Thaw and reheat in saucepan or large skillet and simmer for 10 minutes. Serve with pasta and veggies.

Date: _____



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Apricot Meatballs

Thaw and bake at 375 F for 30 minutes, or until meatballs are cooked through. Serve with rice and salad.

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Beef Burrito Casserole

Thaw completely and bake at 350 F for 25 minutes. Serve with avocado slices and/or sour cream garnish with side of veggies.

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Mediterranean Stuffed Peppers {Filling}

Thaw and transfer to a skillet and reheat. Once bubbling, stir in the rice and beef stock and cook through. Then add to bell peppers and bake as directed. Serve with veggies.

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Roasted Vegetable Chili

Thaw and add contents of baggie to large saucepan or Dutch oven. Bring to bubbling and cook for 20 minutes. Garnish with shredded cheddar cheese. Serve with salad.

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