



COLLEGE MEAL RECIPES AND SHOPPING LIST

Pizza & Calzone Dough

- 1 small package of yeast (.25 ounce)
- 1 cup warm water
- 1 Tablespoon olive oil
- 1 teaspoon white sugar
- 1 teaspoon salt
- 2 ½ cups flour
- 1 teaspoon olive oil
- 1 egg, beaten

Take bowl and dissolve yeast in warm water. Add the 1 Tablespoon olive oil, sugar and salt. Then add one cup flour and mix with a fork. Gradually stir in the rest of the flour. Once in a ball, knead about 5 minutes until it is elastic. Take 1 teaspoon olive oil and spread around in a clean bowl and then put the dough in. Then flip the dough, cover and let rise for 40 minutes, until about doubled.

For pizza: lightly grease/oil pan and spread dough out flat. Add toppings and bake at 375 degrees for 20 minutes.

For calzones: divide dough into two. Roll into circles and fill with toppings (cheddar cheese, pepperoni, mushrooms, etc.). Fold over and seal by pressing edges together with a fork. Brush the top of each calzone with egg and place on greased cookie sheet. Bake at 375 degrees for 30 minutes. Serve with spaghetti sauce to dip into.

SHOPPING LIST

- Yeast
- Olive Oil
- Sugar
- Salt
- Flour
- Egg
- Spaghetti Sauce
- Cheese
- Topping or Inside ingredients

Shepherd's Pie

1-pound ground beef
1 can tomato soup
1 can green beans
4 cups prepared mashed potatoes
Cheese for topping

Brown ground beef, drain fat. Add tomato soup to meat and mix well. Put mixture in bottom of casserole dish. Drain beans and layer on top of meat mixture. Add mashed potatoes to top. Sprinkle cheese on top and Bake at 350 degrees for 30 minutes, until heated through.

SHOPPING LIST

- Ground Beef
- Tomato Soup
- Green Beans
- Mashed Potatoes
- Cheddar Cheese

Baked Potatoes

SHOPPING LIST

- Potatoes
- Sour Cream
- Butter
- Bacon Bits
- Cheddar Cheese
- Green Onion

Chicken Patties

SHOPPING LIST

- Frozen Chicken Patties
- Bread or Buns
- Mayonnaise
- Ketchup
- Pickles

Quesadillas

SHOPPING LIST

- Flour Tortillas
- Cheddar Cheese
- Sour Cream

Spaghetti Pie

6 oz. spaghetti or angel hair pasta
½ clove garlic, minced
¼ c butter
½ c Parmesan cheese, shredded
1 lg. egg, beaten
1 t. dried basil
1 c. cottage cheese
6 oz. shredded mozzarella

Filling:

1 pound lean ground beef or ground turkey
½ c chopped onion
15 ½ oz. prepared spaghetti sauce

Cook pasta in water until done, drain.

While pasta is cooking, in a large bowl, combine garlic, butter, parmesan cheese, egg and basil. After pasta is cooked and drained, add to this mixture.

While pasta is cooking, cook onion and meat together until done, drain. Stir in spaghetti sauce and heat thoroughly.

Spread pasta mixture in bottom of pan. Spread cottage cheese on top of pasta. Layer meat mixture on top of that and then top with mozzarella cheese. Bake at 350 degrees for 30 minutes or until golden brown.

SHOPPING LIST

- Ground Beef
- Onion
- Spaghetti Sauce
- Spaghetti or Angel Hair Pasta
- Garlic
- Butter
- Parmesan Cheese
- Egg
- Basil
- Cottage Cheese
- Mozzarella Cheese