



Fast Meals Menu & Recipes

PASTA

Spaghetti
Fettuccini Alfredo
Macaroni & Cheese
Taco Bake
Mock Lasagna

CHICKEN DINNERS

Hawaiian Haystacks
Chicken Teriyaki

Taco Bake

12 ounces macaroni
1 package taco seasoning mix
 $\frac{3}{4}$ cup water
2 cups cheddar cheese

MISCELLANEOUS FOODS

Mexican 7 Layer Dip
Twice Baked Potatoes

BEEF DINNERS

Tacos
Sloppy Joes
Shepherd's Pie
Hamburger Helper
Meatballs with Sauce

SIDE DISHES

Fresh Salad
Fresh Vegetables
Canned Fruit
Canned Vegetables
Boxed/Bag Side Potatoes
Rice
Pasta
Potatoes (baked, mashed)

1-pound ground beef
1 8 ounces can tomato sauce
1 can diced green chilies

Cook pasta according to package instructions. While pasta is cooking, cook ground beef in large skillet. Once meat is cooked, add taco seasoning mix, tomato sauce, water, diced green chilies. In a greased casserole dish, add pasta, meat mixture and 1 cup of cheddar cheese. Bake at 350 degrees for 20 minutes and add other 1 cup of cheese to top and bake for 10 minutes more.

Mock Lasagna

1-pound pasta, any kind
24 ounces spaghetti sauce
16 ounces grated mozzarella cheese
24 ounces cottage cheese
1-pound ground beef (optional)

Preheat oven to 350 degrees. Boil pasta. Fry ground beef (if desired). Layer in casserole dish: small layer of spaghetti sauce, pasta, cottage cheese, pasta, ground beef, spaghetti sauce, mozzarella cheese, pasta, spaghetti sauce, mozzarella cheese. Bake until cheese melted and warmed through, approximately 30 minutes.

Hawaiian Haystacks

4 cups Rice
4 cups chicken gravy
1 cup cheddar cheese, grated
15 oz. pineapple tidbits
4 tomatoes, chopped
1 cup green onion, chopped
2 cans water chestnuts
2 cups Chicken, cooked
16 oz. olives
16 oz. chow mien noodles
4 oz. mushrooms, canned
8 oz. Mandarin Oranges
 $\frac{1}{4}$ cup slivered almonds
8 oz. frozen peas

Cook rice. Make gravy. Cook chicken. Put all other ingredients in individual bowls and serve.

Mexican 7 Layer Dip

15 oz. refried beans	16 oz. sour cream
16 oz. salsa	16 oz. guacamole
4 tomatoes, diced	15 oz. olives, chopped
2 cups cheddar cheese, grated	

Layer ingredients in a 9x13 baking dish: Refried beans, sour cream, guacamole, salsa, cheese, tomatoes, olives. Serve with tortilla chips.

Twice Baked Potatoes

6 Potatoes	½ cup Sour Cream	1/2 cup
1/8 teaspoon Pepper	1 teaspoon Salt	
¼ cup Potato flakes (optional)	1 cup Milk	
¼ cup Bacon bits	½ cup Cheddar cheese, grated	

Wash potatoes and then prick with a fork several times to let steam out. Bake in microwave (use potato setting) or oven (425 degrees for 1 hour). Once cooked all the way through, cut potatoes in half lengthwise. Scoop potatoes out and put potatoes in bowl with sour cream, salt, pepper, potato flakes, bacon bits, 1/4 cup cheese and milk. Blend by hand or with a mixer for fluffier potatoes. Put on baking sheet and sprinkle with remaining cheddar cheese. Broil until cheese is melted, about 5 minutes.

Shepherd's Pie

1 ½ pound ground beef	1 can tomato soup
2 cans green beans	6 cups prepared mashed potatoes

Brown ground beef, drain. 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. Bake at 350 degrees for 30 minutes, until heated through.

Frozen Meatballs

Serve with spaghetti sauce
Serve with alfredo sauce
Serve with brown sauce (GRAVY)
Serve with barbecue sauce
Serve with teriyaki sauce
Serve with sweet & sour sauce

Chicken

Serve with spaghetti sauce & parmesan cheese
Serve with alfredo sauce
Serve with chicken sauce (GRAVY)
Serve with barbecue sauce
Serve with teriyaki sauce
Serve with sweet & sour sauce

Alfredo (White) Sauce

¾ cup butter or stick margarine	¾ cup whipping (heavy) cream (can use milk)
1 ¼ cup Parmesan cheese	¾ teaspoon salt
¼ teaspoon pepper	

Heat butter and whipping cream in 10-inch skillet over medium heat, stirring frequently, until butter is melted and mixture starts to bubble. Reduce heat to low, simmer 6 minutes, stirring frequently, until slightly thickened. Remove from heat; stir in cheese, salt and pepper.