

Simple Macaroni and Beef with Cheese

1 large onion, diced

1 tablespoon canola oil

salt to taste

optional seasonings: black pepper, oregano, chopped garlic, paprika, chilli powder

one 28-ounce can whole tomatoes, pureed in the can with a hand blender or in a blender

2 pounds lean ground beef

1 box macaroni

1 cup each grated cheddar and mozzarella cheeses

Sauté the onions in the oil with a pinch of salt. Add the beef and cook it, breaking it up as you do.

Add another pinch of salt, along with any dry seasonings you want. Add the tomatoes and any fresh seasonings you may be using, bring to a simmer, then reduce the heat to low and cook for an hour.

Cook the macaroni in boiling water till it's half done. Drain it and add it to the tomatoes. Stir it into the sauce. When it's cooled and the pasta has absorbed the tomato juices, transfer it to a large baking dish and cover it with foil. It can sit out for several hours like this, be refrigerated for up to two days, or frozen a few weeks.

Bake it in a 400 degree oven (about 45 minutes if it's cold to room temperature)

Manicotti

Sauce

1 (28 oz.) can diced tomatoes (in juice)

1 (28 oz.) can crushed tomatoes

2 tbsp. extra-virgin olive oil

3 medium cloves garlic, finely minced

1/2 tsp. red pepper flakes, optional

1/2 tsp. salt

2 tsp. dried basil

Cheese Filling and Pasta

3 cups part-skim ricotta cheese

4 oz. grated Parmesan cheese (about 2 cups)

10 oz. shredded mozzarella cheese (about 2 1/2 cups)

2 large eggs, lightly beaten

3/4 tsp. table salt 1/2 tsp. ground black pepper

2 tbsp. chopped fresh parsley leaves (or 2 1/2 tsp. dried parsley)

2 tsp. chopped fresh basil (or 1 tsp. dried basil)

16 no-boil lasagna noodles (the wide, straight edged type)

The manicotti can be prepared right up until the baking step then covered with a sheet of parchment paper, wrapped in aluminum foil, and refrigerated for up to 3 days or frozen for up to 1 month.

Easy Cheeseburger Casserole

Ingredients

2 cups (6 oz) Penne Pasta

2 teaspoons of olive oil

1 onion, finely chopped

1 garlic clove, finely chopped

1 lb lean ground beef (95% lean) - or you can use ground turkey

3/4 teaspoon salt

1/2 teaspoon black pepper

28 oz diced tomatoes

2 Tablespoons Dijon Mustard

2 cups grated cheddar cheese

2 tablespoons tomato paste

Directions:

Preheat the oven to 350 degrees. Spray a 9 x 13 inch baking dish with cooking spray. In a large pot of boiling water, cook the pasta according to the package directions. Drain Well.

In a large skillet, heat the oil over medium-low heat. Add the onions and cook until soft, about 5 minutes. Stir in the garlic and cook for 30 seconds. Stir in the beef and cook until browned; season with salt and pepper. Stir in the tomato paste, then add the diced tomatoes and mustard. Let the mixture bubble until it is slightly thickened, about 2 minutes. Season with your salt and pepper.

Put your noodles in the greased pan and pour your meat sauce on top. Slightly mix together your noodles and sauce. Cover with foil and cook for 20 minutes. Take it out of the oven and remove your foil. Add your cheese on top and stick back in the oven until the cheese is melted.

Quick and Easy Shepherd's Pie

Ingredients:

1 lb ground beef (or turkey)
1 can condensed tomato soup
1 can condensed minestrone soup
1 can green beans
4 cups mashed potatoes
2 cups shredded cheddar cheese
salt and pepper to taste

Directions:

Brown ground beef and drain. Add soup and green beans; season with salt and pepper. Pour into large 9x13 casserole dish. Top with mashed potatoes (real potatoes are the best, but if you are in a hurry, instant potatoes will work fine! (I have even thrown frozen tater tots on top and it works great!). Spread cheese on top of potatoes. Bake at 350 degrees for 30 minutes.

Chicken Zucchini Casserole

Ingredients

6 ounce package of boxed stuffing mix (Stove Top)
½ cup melted butter
4 cups of zucchini, diced
2 cups of cooked chicken, cubed
10.75 ounces Cream of Chicken Soup
½ onion, chopped
½ cup of sour cream

Instructions

1. In a large bowl, combine the stuffing mix and melted butter. Set aside ½ cup of the mixture for the topping. In a large bowl add the zucchini, chicken, soup, onion and sour

cream to the remaining stuffing. Place the zucchini mix into a greased 9x13 glass pan and spread out evenly. Sprinkle reserved ½ cup stuffing mix on top and bake uncovered at 350 degrees for 40 to 50 minutes or until golden brown.