

## Baked Ziti (with side salad)

### Ingredients:

1lb ground beef  
1 16 oz box pasta (Rigatoni, Penne, Rotini or Ziti)  
1 24 oz jar tomato pasta sauce  
1 full jar water (24 ounces)  
2 cups mozzarella cheese, shredded

### Directions:

Preheat oven to 425°F.  
Brown ground beef in skillet and drain. Combine ground beef, uncooked pasta, 1 jar of tomato pasta sauce and 1 jar of water in a 13 x 9 inch baking pan. Then cover with aluminum foil. Bake for 30 minutes.

Uncover and stir well. Top with cheese. Bake uncovered for an additional 10 minutes or until cheese melts and pasta is tender.

## Shepherd's Pie (with corn muffins)

### Ingredients:

1 lb ground beef  
1 (20 ounce) box instant mashed potatoes (8 serving size)  
2-3 cans vegetables  
1 (8 ounce) can beef gravy

### Directions:

Preheat oven to 325°F.  
Grease a casserole dish with vegetable spray. Brown ground beef and drain. Then add ½ can of beef gravy and stir until well blended. Drain canned vegetables and add to ground beef. Then spread the beef and vegetable mixture in a casserole dish.

Prepare instant mashed potatoes following box directions. Add large spoonfuls of the mashed potatoes over the vegetables. Wait a few minutes for potatoes to cool before spreading. Then spread and make a design with bottom of fork on the potatoes. Bake for 30 minutes.

Cool for 15 minutes before slicing. Add remaining warmed gravy to each serving.

## Beef Stew (over rice)

### Ingredients:

Cook 1-2 cups rice.  
Stew

### Directions:

Heat stew according to package directions. Top rice with hot beef stew.

## Salsa Rice (with sliced smoked sausage)

### Ingredients:

1 ½ cups water  
1 ½ cups chunky salsa  
2 cups uncooked instant rice  
1 to 1 ½ cups shredded Colby-Monterey Jack cheese  
1 package sliced smoked sausage

### Directions:

In a saucepan, bring water and salsa to a boil. Stir in rice. Remove from heat. Cover and let stand for 5 minutes. Stir in cheese. Cover and let stand for 30 seconds or until cheese is melted.

Heat sliced smoked sausage according to directions on the package. Either add to rice or serve it on the side.

## Tuna Helper (with side salad)

Per box instructions

## Chili Dogs (with pretzels and pears)