

Meat & Potatoes Casserole

- ◆ 1 1/2 to 2 lbs. lean ground beef
- ◆ 8 potatoes, pared & cut into chunks
- ◆ 1 lb. carrots, cut up
- ◆ 2 onions, sliced
- ◆ 2 cans cream of mushroom soup
- ◆ 1 can water

Wash supplied casserole pan .

Brown beef with onion in skillet; drain well. Boil potatoes and carrots together until soft. Reserve the water. Combine soup with 1 can of reserved water (or tap water). Add meat & onions to the soup and blend thoroughly.

Layer potatoes & carrots with meat/soup mixture into pan. Cover top & sides of pan with aluminum foil. Label casserole MEAT AND POTATOES with the date and your name.

Cool and freeze casserole

Baked Ziti Casserole

- 8 oz. ziti pasta, cooked according to directions
 - 3/4 lb. ground beef
 - 1 24 oz. jar pasta sauce
 - 15 oz. ricotta cheese
 - 1 tsp. dried basil leaves
 - 1/2 tsp. salt
 - 1/4 tsp. ground pepper
 - Parmesan cheese
 - Wash supplied casserole pan.
 - Heat oven to 350 degrees.
 - Meanwhile, in large skillet over medium heat, brown meat until thoroughly cooked; drain. Stir in pasta sauce; simmer 10 minutes.
- In small bowl, stir together ricotta cheese, 1 cup mozzarella cheese and seasonings; set aside.

Toss hot cooked pasta with meat sauce.

Spoon one-half pasta mixture into baking pan; spread cheese mixture over top. Layer with remaining pasta; sprinkle with remaining mozzarella and Parmesan cheese.

Cover loosely with foil; bake 25 minutes. Remove foil; bake 5 minutes or until hot and bubbly. Label casserole BAKED ZITI with the date and your name. Cool & freeze casserole.