

Mini Meatloves

Ingredient list:

- 1 lb. ground beef
- 1-2 shredded carrots
- ½ of a small onion, finely chopped
- 1 beaten egg
- 2 Tbsp breadcrumbs
- 1-2 Tbsp Worcestershire sauce
- ½ tsp salt
- ¼ cup finely chopped spinach, sautéed (optional)
- ketchup

1. Preheat oven to 350 degrees
2. Combine all ingredients but the ketchup
3. Mix together all ingredients and form patties
4. Place patties in a glass baking dish and bake for 15 min.
5. Turn patties and squirt each with ketchup and bake for 15 more min.

Homemade Hot Pockets

Ingredient list:

- 16 Rhodes frozen Texas rolls
- 1 jar pizza sauce
- Shredded mozzarella cheese
- (optional) Veggies/meats for filling

1. Preheat oven to 350 degrees.
2. Defrost 16 Rhodes frozen Texas rolls, but don't allow to rise.
3. Roll each out with a rolling pin until flat
4. Add whatever fixings you like
5. Fold and seal dough around the fillings
6. Place on a baking sheet and bake for 15 min
7. Serve immediately or allow to cool completely and store in the freezer in a Ziploc bag.

(Heat in microwave for 45 sec. from frozen.)

Cheesy Green Beans

Ingredient list:

- 1 Tbsp flour
- 2 Tbsp butter
- 1 cup milk
- ½ tsp. salt
- 6 oz. Velveeta
- ¼ tsp. chili powder
- 1 bag frozen green beans
- 1 can French fried onions

1. Preheat oven to 350 degrees
2. In a saucepan combine 1 Tbsp flour and 2 Tbsp butter over medium heat until smooth to create a roux.
3. Add 1 cup milk and ½ tsp of salt, stir to combine.
4. Add 6 oz. of finely chopped Velveeta cheese and stir until the cheese has melted and the sauce has become thick and creamy.
5. Add ¼ tsp chili powder and stir
6. Cook 1 large bag of French cut frozen green beans according to the package instructions and place in a glass baking dish
7. Pour on ½ of the cheese sauce and stir to combine. You can either make double beans or freeze the extra sauce and have more later.
8. Sprinkle with French fried onions and top with foil
9. Bake for 15 min, remove foil and bake for an additional 15 min.

Glazed Rainbow Carrots

Ingredient list:

- 1 lb. rainbow carrots
- 1-2 Tbsp butter
- ½ tsp salt
- 1 Tbsp sugar

1. Peel and evenly slice about 1 lb of rainbow carrots
2. Place in a skillet and pour on just enough water to cover the carrots.
3. Add 1-2 Tbsp butter, ½ tsp salt and 1 Tbsp sugar
4. Turn heat to medium and allow carrots to simmer until all the liquid is gone leaving a glaze
5. Stir to coat and serve

Fruit Slush Cups

Ingredient list:

- 16 oz. frozen strawberries
- ½ cup water
- ½ cup sugar
- 6 bananas
- 1 small can peach nectar
- 32 oz of any orange juice
- 1 large can crushed pineapple

1. Place a bag of frozen strawberries (16 oz) in a saucepan with ½ cup water and ½ cup sugar.
2. Allow to simmer until strawberries are thawed
3. Meanwhile, finely chop 6 bananas and place in a large mixing bowl
4. Once the strawberries are soft break them down with a spoon and add (with liquid) to the bananas
5. Add peach nectar, orange juice and crushed pineapple
6. Stir to combine and pour into small paper cups
7. Freeze for several hours. After frozen transfer to a zip-lock bag for easier storage
8. Place in microwave for 15 sec to get a slushy consistency