

A JUST HARVEST RECIPES

Tuesday Night Chili and Rice

4 lbs. ground beef or ground turkey
3 large onions, chopped
5 large cans crushed tomatoes, (28 oz. each)
6 large (28 oz.) cans or 11 small (15 oz.) cans of kidney beans, RINSED AND DRAINED (may use assortment of kidney, pinto or black beans) (28 oz. each)
2 tsp. salt
3 T. chili powder
1/2 t. cayenne pepper
1 large box minute rice (28 oz.)

Brown beef and onions. Pour off liquid. Add remaining ingredients except rice and simmer for 30 minutes. Meanwhile, prepare rice as directed. When finished, mix rice well with chili and pour mixture into serving pan.

Saturday Night Pasta Bake

4 lbs. ground beef or turkey
3 large onions, chopped
3 cloves of garlic, minced
5 large cans of crushed tomatoes, (28 oz. each)
2 T. dried Italian seasoning
2 tsp. dried crushed red pepper flakes
1 T. sugar
2 tsp. salt
40 oz. of dried pasta, Penne or Rotini (2 1/2 to 3 boxes)
Parmesan cheese

Brown beef, onions and garlic. Pour off liquid. Add remaining ingredients except noodles and cheese. Simmer for 30 minutes. Meanwhile, cook pasta. Drain and place in serving pan. Cover with sauce and cheese.

** There are Full Size Deep Steam Aluminum Pans in the closet in the church office at the Parish House. Please TAKE TWO PANS FOR EACH RECIPE AS YOU MUST DOUBLE UP YOUR PANS FOR TRANSPORTING! They are too **"floppy"** if you **don't** do this!

I have additional pans at my house in Wilmette. Call me (Jenny Smith 404-664-2661) and I can leave them out for you. If you end up purchasing pans yourself, make sure you get the full size ones or enough smaller pans that are equivalent in volume.

** Casseroles should be warm/serving temperature when brought to A Just Harvest.

** Be sure to use lots of foil to seal the pans for transport.

** These recipes were designed to be healthy. If you are tight on time, please use any culinary shortcut that you need!