

## **Baked Ziti**

1 box of Ziti pasta  
1 lb. ground beef  
2 cloves garlic, minced  
1/2 cup onion, chopped  
1 jar Marinara Sauce  
2 cups shredded Mozzarella Cheese (or Italian Blend)

\*Preheat oven to 350 degrees.

\*Boil pasta according to directions. Drain & set aside.

\*In a large pan on medium heat, add a Tbsp of Olive Oil. When warm, add garlic & onions... saute. Add burger, and brown all items together. (\*note: if you normally add salt/pepper when you brown burger, go ahead!)

\*Drain any grease from burger, and set aside.

\*In a large mixing bowl, mix together the pasta, browned beef and jar of marinara sauce. Pour into a 9x13" baking dish.

\*Cover the top with the shredded cheese.

\*Bake, uncovered, for 30-40 minutes... until cheese is melted & bubbly.

## Cincinnati Chili (aka: *Skyline Chili*)

We always have Skyline Chili at our favorite amusement park, and it's always a treat. But now, we can have it more often because our grocery store started carrying the canned chili! This is a popular choice for my kids, especially on nights when my husband is gone.

If you order *Skyline Chili* at one of their restaurants, it is known as such:

3-Way: Spaghetti, Chili, Cheese  
4-Way: Spaghetti, Chili, Cheese, Onion  
5-Way: Spaghetti, Chili, Cheese, Onion, Beans

\*The Chili is always served with a packet of Oyster Crackers as well.

What you'll need:

1-2 cans of *Skyline Chili* (depends upon how big of eaters you have!)  
1 box of spaghetti  
1 bag of finely shredded sharp cheddar cheese  
1 onion, chopped  
1 can chili beans, rinsed  
Oyster Crackers

\*Cook spaghetti according to directions on box.

\*In a saucepan, warm up the can(s) of chili. {Note: I keep the can of chili beans separate... simply because not everyone in our house enjoys the "5-Way".}

\*I recommend serving this meal in bowls... it can get messy & hard to eat on a plate!

\*I set this up on my island like an assembly line, and let everyone "make their own".

Enjoy!

## Make-Your-Own Chef Salad

I try to have a plethora of choices for this meal. It's a great way to try new veggies, and a good way to let your kids be in charge of what veggies they eat. *{I have a rule that each child must put at least 3 veggies & 1 meat on their salad in addition to the lettuce... but it's their choice. Of course, they usually end up with more, but they know they can't get by with less than 3 veggies! \*\*Spinach counts as an extra vegetable.}*

This is, by far, the most expensive meal of the week, due to all of the produce... but it's a guarantee that we will be snacking on chopped veggies for the rest of the week!

Obviously, this will be tweaked to what your family likes. Below is what *my* family will be having.

### What you'll need:

Lettuce (bagged, chopped, whatever kind you choose!)

Spinach

Tomato, chopped

Carrots, chopped

Celery, chopped

Broccoli, chopped

Cauliflower, chopped

Cucumber, chopped

Mushrooms, chopped

1 can Chick Peas (aka: Garbanzo Beans)

1 can black olives, sliced

1 jar green olives, sliced

Sliced ham (lunchmeat)

Sliced turkey (lunchmeat)

Shredded cheddar cheese

Croutons

Salad Dressings of your choice

This is another "assembly line" type of meal, but fun for the kids because they're in control of what they put on their salads!

## **Sloppy Joe's**

1 lb. ground beef, browned  
1/4 cup onion, chopped  
1 clove garlic, minced  
1 can Sloppy Joe sauce/mix  
1 head broccoli, cut into pieces

\*In a large pan, add 1 Tbsp Olive Oil and sautee the onion & garlic. Add ground beef & brown. Drain any fat.

\*In the same pan, add in the Sloppy Joe sauce until warmed.

\*In a large, microwave-safe dish, add broccoli, a few dashes of garlic salt, and 1 cup of water. Cover & steam in microwave for 4 minutes. (this is how my kids love their broccoli!)