

Sheet1

NAME,C,41	TIME,C,15	YIE	CALC	Q1,CQ2,CQ3,CQ4,C,EQ5,CQ6,CQ7,C								
LINGUINI IN CLAM SAUCE	35 MINUTES	6	495	1	2	1/4	4	1	1	1/4		
CHEESY MANICOTTI	1 1/4 HOURS	8	470	2	1	2				1	4	
MACARONI AND CHEESE BAKE	45 MINUTES	4	630	1	4	3/4	1	1	1/2	1/4		
MACARONI AND HAM	30 MINUTES	4	690	1/2	1	1	1	3/4	1/2	1		
ANGEL HAIR PASTA	20 MINUTES	6	330	1/2	3	1	1	1				
THICK MEAT SAUCE	45 MINUTES	6	265	1	1	1	1	1	1	1	1	
CLAM SAUCE	30 MINUTES	6	200	2	1/4	4	1					
BROCCOLI SAUCE	20 MINUTES	6	155	4	1	3	1 1/4	1/4	2	1		
ULITIMATE PASTA AND BROCCOLI SALAD	45 MINUTES	4	560	3/4	2	2			1/4	1		
MAC AND CHEESE WITH BEEF	45 MINUTES	6	590	1	1	1	1	2	3/4	1		
MEXICAN PASTA	30 MINUTES	6	520	1	1	1	1	1	1	1		
RIGATONI, SAUSAGE & BROCCOLI DINNER	45 MINUTES	6	625	1		1	1	1	1	1	1/2	

Sheet1

Q8,CQ9,C,6Q10,M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,12	M6,C,12
1	16 OZ. PKGE.	10 OZ. CANS	CUP	TBS.	
2 2	15 OZ. PKGE.	8 OZ. PKGE.			8 OZ. PKGE.
1/8 1 1/2 1/2	8 OZ. PKGE.	TBS.	CUP	TBS.	TSP.
	16 OZ. PKGE.	10 OZ. PKGE.	8 OZ. PKGE.	CUP	CUP
	16 OZ. PKGE.	TBS.		8 OZ. PKGE.	3.2 OZ. CAN
1/2 1/2	POUND	SMALL		28 OZ. CAN	6 OZ. CAN TSP.
	10 OZ. CANS	CUP	TBS.		
	TBS.		TBS.	TSP.	TSP.
3 3 1/2	16 OZ. PKGE.		BUNCHES		CUPS
	TBS.				CUP
2	8 OZ. PKGE.	POUND	1 1/4 OZ.	POUND	15 OZ. CANS 16 OZ. PKGE
1/2	16 OZ. PKGE.		POUND	15 OZ. CAN	CUP
				POUND	28 OZ. CAN

Sheet1

M7,C,12	M8,C,12	M9,C,12	M10,C,12	M11,C,47	M12,C,47
TSP.	10 OZ. PKGE.			LINGUIENE	WHOLE BABY CLAMS
TBS.	TBS.	CUPS		RICOTTA CHEESE	MOZZARELLA CHEESE
TSP.	TSP.	CUPS	POUND	ELBOW MACARONI	BUTTER
TSP.				SHELL MACARONI	FROZEN MIXED VEGGIES
				ANGEL'S HAIR PASTA	OLIVE OIL
TSP.	TSP.	TSP.		GROUND BEEF	DICED ONION
				WHOLE BABY CLAMS	OLIVE OIL
10 OZ. PKGE.				BUTTER	CHOPPED ONION
TBS.	TBS.	TBS.	TSP.	ZITI MARACRONI	RED PEPPERS
8 OZ. PKGE.				VEGATABLE OIL	CHOPPED ONION
TSP.	OZ.			ELBOW MACARONI	GROUND BEEF
CUP	TSP.			RIGATONI	SALT

Sheet1

I3,C,47	I4,C,47
OLIVE OIL	BUTTER
EGGS	GRATED ROMANON CHEESE
BREAD CRUMBS	MINCED ONION
SLICED AND DICED COOKED HAM	DICED GREEN PEPPER
DICED ONION	FETA CHEESE, CRUMBLED
MINCED GARLIC CLOVE	TOMATOES
BUTTER	MINCED GARLIC CLOVE
ALL-PURPOSE FLOUR	SALT
BROCCOLI	OLIVE OIL
CHOPPED GREEN PEPPER	GROUND BEEF
PACKAGE TACO SEASONING MIX	PINTO BEANS
SWEET ITALIAN SAUSAGE LINKS	ONION

Sheet1

I5,C,47

MINCED ONION

SALT AND PEPPER

ALL-PURPOSE FLOUR

MAYONNAISE

DRAINED, PITTED AND SLICED OLIVES

TOMATO PASTE

SALT AND PEPPER

PEPPER

SALT

TOMATO SAUCE

CHOPPED TOMATO

BROCCOLI RABE

I6,C,47

MINCED GARLIC CLOVE

MANICOTTI SHELLS

SALT

PITTED AND SLICED OLIVES

SUGAR

MILK

SOY SAUCE

ZITI MACARONI

MILD SALSA

ITALIAN PLUM TOMATOES

Sheet1

17,C,47

SALT

BUTTER

DRY MUSTARD

SALT

SALT

FROZEN BROCCOLI

SUGAR

SHREDDED CHEDDAR CHEESE

DRIED CILANTRO LEAVES

GRATED PARMESAN CHEESE

18,C,47

FROZEN SPINACH

ALL-PURPOSE FLOUR

PEPPER

OREGANO LEAVES

ORIENTAL SESAME OIL

MONTEREY JACK CHEESE WITH JALAPENOS, SHREDDED

BLACK PEPPER

I9,C,47

I10,C,47

MILK

MILK

SHREDDED CHEDDAR CHEESE

CRACKED PEPPER

RED WINE VINEGAR CRUSHED RED PEPPER

Sheet1

ST1,C,142

PREPARE LINGUINE PER LABEL. RETURN TO SAUCEPOT AND KEEP WARM.

MIX RICOTTA CHEESE, MOZZARELLA, EGGS, 1/4 CUP GRATED ROMANO CHEESE, 1/2 TSP. SALT AND 1/2 TSP. PEPPER.

PREPARE MACARONI PER LABEL. PREHEAT OVEN TO 350F. GREASE 2 QT. CASSEROLE DISH.

PREPARE MACARONI PER LABEL AND DRAIN. PREPARE FROZEN VEGGIES IN SAUCEPAN PER LABEL AND DRAIN.

PREPARE PASTA PER LABEL, DRAIN AND RETURN TO SAUCEPOT.

IN 4 QT. SAUCEPAN OVER HIGH HEAT, COOK GROUND BEEF, ONION, AND GARLIC - STIR OFTEN. HEAT ABOUT 10 MIN.

DRAIN CLAMS AND RESERVE LIQUID. HEAT OLIVE OIL AND BUTTER IN SAUCEPAN OVER MEDIUM HEAT. COOK GARLIC.

OVER MEDIUM HEAT IN SAUCEPAN, COOK BUTTER AND ONION. STIR IN FLOUR, SALT AND PEPPER UNTIL BLENDED.

PREPARE MACARONI PER LABEL AND DRAIN. CUT RED PEPPERS INTO QUARTER INCH STRIPS. CUT BROCCOLI INTO 1/2 INCH STRIPS.

COOK ONION AND GREEN PEPPER IN SKILLET WITH OLIVE OIL UNTIL TENDER. STIR IN GROUND BEEF.

PREPARE MACARONI PER LABEL - DO NOT USE SALT. COOK GROUND BEEF IN SAUCEPAN UNTIL BROWN.

PREPARE RIGATONI PER LABEL AND DRAIN. IN 5 QT. DUTCH OVEN AT MEDIUM HEAT, HEAT SAUSAGES AND 1/4 CUP OLIVE OIL.



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ST2,C,142

DRAIN CLAMS AND RESERVE LIQUID. HEAT OLIVE OIL AND BUTTER IN SAUCEPAN OVER MEDIUM HEAT. PREPARE MANICOTTI PER LABEL.

IN SMALL SAUCEPAN OVER MEDIUM HEAT, MELT 2 TBS. BUTTER. ADD BREAD CRUMBS, TOSS TO COAT AND SET IN LARGE BOWL, MIX MACARONI, VEGGIES, HAM AND REMAINING INGREDIENTS.

ADD OLIVE OIL AND TOMATO TO PASTA. COOK OVER MEDIUM HEAT UNTIL HOT. ADD FETA AND OLIVES, TOSS AND ADD TOMATOES WITH LIQUID AND REMAINING INGREDIENTS. HEAT TO BOILING. REDUCE HEAT, COVER AND SIMMER. ADD CLAM LIQUID AND HEAT TO BOILING, REDUCE HEAT, COVER AND SIMMER 10 MINUTES.

SLOWLY STIR IN MILK UNTIL SAUCE THICKENS.

IN 12 INCH SKILLET OVER MEDIUM HEAT IN 1 TBS. OLIVE OIL, COOK PEPPERS AND 1/4 TSP. SALT UNTIL TENDER. COOK AT MEDIUM HEAT UNTIL MEAT IS BROWNED. SPOON OUT FAT. STIR IN TOMATO SAUCE AND 3/4 CUP WATER. STIR IN TACO SEASONING AND 1 CUP WATER, HEAT TO BOILING. REDUCE HEAT TO LOW AND COOK 5 MINUTES. REDUCE HEAT, COVER AND SIMMER 5 MINUTES. REMOVE COVER AND COOK ABOUT 20 MINUTES. REMOVE SAUCE

Sheet1

ST3,C,142

COOK ONION AND GARLIC UNTIL TENDER. ADD SALT AND CLAM LIQUID, HEAT TO BOILING. REDUCE HEAT, COVER  
IN 1 QT. SAUCEPAN OVER MEDIUM HEAT, MELT BUTTER AND STIR IN FLOUR, 1/4 TSP. SALT AND 1/4 TSP. PEPPER  
IN 2 QT. SAUCEPAN OVER MEDIUM HEAT, MELT REMAINING BUTTER AND ADD ONION. COOK UNTIL TENDER.  
SERVE.

ADD CLAMS AND COOK UNTIL HEATED THROUGH. SALT AND PEPPER TO TASTE.  
STIR IN BROCCOLI AND HEAT TO BOILING. REDUCE HEAT TO LOW AND COOK 2-5 MINUTES LONGER.  
OVER HIGH HEAT IN 1 TBS. OIL, COOK BROCCOLI AND 1/2 TSP. SALT UNTIL HOT AND COATED WITH OIL. ADD 3/4 C  
HEAT TO BOILING. REDUCE HEAT, COVER AND SIMMER 25 MINUTES.  
DRAIN PINTO BEANS AND STIR INTO BEEF MIXTURE WITH TOMATO AND MACARONI. HEAT THROUGH.  
CHOP ONION AND BROCCOLI. COOK ONION IN SAUSAGE DRIPPINGS 5 MINUTES. ADD BROCCOLI AND 1 TSP. SALT

Sheet1

ST4,C,142

ADD CLAMS AND SPINACH. HEAT THOROUGHLY. SERVE LINGUINE WITH SAUCE.

SLOWLY STIR IN MILK, COOK UNTIL THICKENS. STIR IN 3 TBS. ROMANO CHEESE. SPOON HALF OF SAUCE INTO 13

STIR IN FLOUR, SALT, MUSTARD AND PEPPER TIL BLENDED. SLOWLY STIR IN MILK UNTIL THICKENED. REMOVE F

REDUCE HEAT, COVER AND COOK 2 MINUTES. UNCOVER AND COOK 5 MINUTES OR UNTIL TENDER-CRISP.

PREPARE MACARONI PER LABEL. STIR MACARONI AND CHEESE INTO BEEF MIXTURE UNTIL CHEESE MELTS.

IN SMALL BOWL, MIX SALSA AND CILANTRO. SPOON MACARONI MIXTURE ONTO LARGE PLATTER. SPRINKLE WITH

ADD TOMATOES WITH LIQUID AND BRING TO BOIL OVER HIGH HEAT. TO DUTCH OVEN ADD RIGATONI, SAUSAGE

ST5,C,142

PREHEAT OVEN TO 375F. USING A SPOON, FILL SHELLS WITH CHEESE MIXTURE. ARRANGE SHELLS IN DISH IN 1 LAYER.  
PLACE DRAINED MACARONI IN CASSEROLE. POUR CHEESE SAUCE ON TOP. SPRINKLE CRUMB MIXTURE OVER TOP.

IN LARGE BOWL, MIX SOY SAUCE, SUGAR, ORIENTAL OIL, VINEGAR AND CRUSHED RED PEPPER. ADD MACARONI.

SPOON SALSA MIXTURE ON INDIVIDUAL SERVINGS.  
TOSS AND HEAT THROUGH.

Sheet1

ST6,C,142

ST7,C,142

SYS\_ID,N,8,0

BAKE 25 MINUTES OR UNTIL BUBBLY.

SERVE WARM OR COLD.

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