

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 | 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 |
| | 10 OZ. CANS | CUP | TBS. | | TSP. |
| | 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 |
| 1/2 | 16 OZ. PKGE. | | POUND | 15 OZ. CAN | 16 OZ. PKGE |
| | | | | | CUP |
| | | | | POUND | 28 OZ. CAN |

Sheet1

| M7,C,12 | M8,C,12 | M9,C,12 | M10,C,12 | M11,C,47 | I2,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.

Sheet1

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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