

MINI PIZZAS

1 cup Master Meat Sauce
1 teaspoon Italian seasoning
dash of pepper
1 cup mozzarella cheese
bagel, English muffins or other bread



1. In a bowl, mix Master Meat Sauce and seasonings.
2. Spoon 2 tablespoons of mixture over half a bagel, English muffin, or any other bread.
3. Sprinkle with 1 to 2 tablespoons mozzarella cheese.
4. Wrap individually in plastic wrap or place in small plastic bags. Place wrapped or bagged pizzas together in gallon-size freezer bag.
5. Label with date and heating instructions and freeze.

To prepare for serving:

In refrigerator, thaw mini-pizzas. Place on cooking sheet and bake at 400° Fahrenheit for 8 to 10 minutes or until cheese melts and starts to brown. If necessary, broil for the last 2 to 3 minutes. Makes 8 mini-pizzas.

Enjoy with:

Ice-cold milk
Colorful fruit salad

MASTER MEAT SAUCE

4 pounds lean ground meat
1 medium onion, minced
1 can (6 oz.) tomato paste plus 6 oz. can of water or 1 can tomato soup
2 cans (15 oz.) tomato sauce
1 teaspoon garlic powder
1 teaspoon salt

1. Brown meat, drain fat.
2. Add other ingredients. Simmer 20 to 30 minutes.
3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.