

# PASTAFAZOO

1 can (16 oz.) chili beans (or prepare from dry, see Beans and Cornbread recipe)  
2 cups cooked, drained macaroni  
1 cup Master Meat Sauce  
½ cup grated cheddar cheese

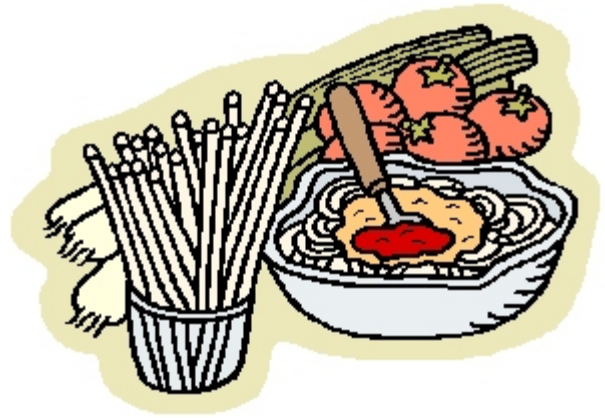
1. Mix chili beans, macaroni and Master Meat Sauce.
2. Add ½ cup grated cheese.
3. Place in freezer bag.
4. Label bag with date and heating instructions. Freeze.

To prepare for serving:

In refrigerator, thaw Pastafazool. Place in saucepan and heat over medium heat until bubbling. Add a tablespoon of water, if needed.

Enjoy with:

Ice-cold milk  
Sliced tomatoes and cucumbers  
Favorite fruit (fresh, canned or frozen)



## 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.