**Cooking for the Cougars ☺**

**Spaghetti** – prepare spaghetti noodles according to package directions, drain. Warm spaghetti sauce in sauce pan. Pour over noodles. Sprinkle with Parmesan cheese. Serve.

**Fettucine Alfredo** – prepare fettucine noodles according to package directions, drain. Warm alfredo sauce in sauce pan. Drain canned chicken then add to alfredo sauce. Add green peas if desired. Mix thoroughly. Add noodles to sauce and chicken mixture. Serve.

**Grilled cheese and canned soup** – Spread butter on one side of bread. On griddle or skillet toast two slices of buttered bread with buttered side down, add slice of cheese on non-buttered side. Put non-buttered sides together. Warm until cheese is melted. Slice and serve with warmed soup.

**Hot Dogs** with chips (you can make chili dogs too!)

**Chili Mac** – prepare elbow macaroni according to package directions, drain. Warm 2 cans of chili. Mix noodles with chili. Serve with shredded cheddar cheese and sour cream.

**Frito pies** – Warm 1 can of chili. Place Fritos on plate. Cover with chili and top with shredded cheese and sour cream.

**Beef biscuits** –cook refrigerated biscuits per package directions. While biscuits cook, Place roast beef in skillet on med high heat and break up chinks. Drain liquid from vegetables and Add vegetables (1 can of mixed vegetables and 1 can vegetable of choice) and gravy and bring to a boil stirring frequently to prevent burning on bottom. Lower heat and let simmer until biscuits are cooked. Remove biscuits from oven, cut open, and serve with beef mixture poured over biscuits.

**Peanut Butter and Jelly sandwiches** with chips

**Sandwiches with lunch meat and sliced cheese**. Come on now, you can figure this out!

**Cheese quesadillas** – warm tortillas sprinkled with shredded cheddar cheese. Fold and serve with salsa and sour cream.

**Ingredients**

Noodle – Elbow macaroni, Spaghetti and Fettucine – 1 package of each

Jarred Sauces – Spaghetti and Alfredo

Parmesan Cheese

Shredded cheddar cheese – 2 packages

Bread

Hot Dog buns

Butter

Sour cream

Peanut Butter

Jelly - grape

Sliced sandwich cheese

Canned soups – tomato, vegetable beef, etc.

Lunch meat

Hotdogs

Canned chili (4 cans)

Canned chicken – 1 large can

Flour Tortillas

Jarred salsa

Boxed macaroni and cheese

Canned roast beef

Cans vegetables – mixed, corn, green peas

Refrigerated Biscuits

Canned beef gravy

Milk – gallon 2%

Cereals

Chips – Wavy Lays and Fritos (store brand is fine)

Packaged cookies

Extras:

Ramen Noodles, peanut butter crackers, Pop Tarts