

Stuffed Shells

Ingredients:

- 1 (16 ounce) package of Jumbo Shell pasta
- 1 (30 ounce) container of cottage cheese or whole fat
- 12 ounces of shredded mozzarella Cheese
- 3/4 Cup of grated Parmesan Cheese
- 2 eggs lightly beaten
- 1 pinch of garlic powder
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 (26 ounce) jar of spaghetti sauce

Directions:

1. Cook the pasta shells according to the package directions then place them in a bowl of cold water to stop cooking.
2. Prepare two 8x8 pans by spreading a small layer of spaghetti sauce in the bottom. (I use my glass pan for the one I will cook and a disposable aluminum pan for the one I will freeze. You can buy them at most grocery stores. Please remember to rinse and reuse or recycle.)
3. Mix together Cottage Cheese/ Ricotta, Mozzarella Cheese, ½ Cup of Parmesan Cheese, Eggs, Garlic Powder, Oregano, and Parsley.
4. Spoon the cheese mixture into the shells. (This was the part I feared the most but it was surprisingly easy. Just remember you want the shell to be full but you want to be able to close it.)
5. Place your stuffed shells open side up and close together in your pan. An 8x8 pan fits about 5 across and 4 down.
6. Add remaining sauce over the shells. Top with remaining parmesan cheese.
7. Bake at 350 degrees F (175 degrees C) for 25-35 minutes, or until bubbly. Let stand 10 minutes before serving. (Cook frozen pan at the same temperature for 45 minutes covered and 25-30 minutes uncovered.)

To freeze your second pan, cover with aluminum foil. Always remember to place the aluminum foil shiny side down so that it does not reflect the heat away while cooking. I write the cooking directions on the aluminum foil with a permanent marker. You can freeze them for up to 3 months. The recipe makes about 20 shells. They are incredibly filling when served with some steam-in-the-bag green beans and French bread. One 8x8 pan should feed 2 adults and 2 toddlers with leftovers for lunch the next day.

Chicken Pot Pie

Ingredients:

- 3 cups of cubed cooked chicken
- 1 cup sliced carrots
- 1 cup diced potatoes
- 1 cup of frozen peas, thawed
- ½ cup chopped celery
- 1 stick of butter
- 1/3 cup of unsifted flour
- 7 tsp or 7 cubes of chicken bouillon
- ¼ tsp of pepper
- 5 ½ cups of milk
- 3 cups of Bisquick

Directions:

1. Cut up all of your ingredients.
2. Boil all of the carrots, potatoes, and celery for 20 minutes
3. Drain the vegetables and put 2 ½ cups aside for your pot pies.
4. In a large sauce pan, melt the butter.
5. Stir in flour, bouillon, and pepper. This will make a paste.
6. Add 4 ½ cups of milk
7. Stir until all of the paste is dissolved and the mixture has thickened
8. Stir in 3 cups of chicken, 1 cup of peas, and the 2 ½ cups of vegetables you put aside. Remove from heat.
9. In a medium bowl combine 1 cup of milk and Bisquick. Mix Well.
10. Divide 2/3 of the dough between two 8x8 pans (I use my glass pan for the one I will cook and a disposable aluminum pan for the one I will freeze.)
11. Push the dough around the pans until it covers the bottom and sides evenly.
12. Roll the remaining dough into two 8x8 squares to place on top of the pies.
13. Fill the pies with the gravy mixture and place the 8x8 squares of dough on top.
14. Bake at 375 Degrees F (190 Degrees C) for 25 to 30 minutes or until the crust is golden brown. (Bake from frozen at 375 Degrees F covered for 1 hour and uncovered for 45 minutes to 1 hour or until the crust is golden brown.) Cover your second pie with aluminum foil shiny side down and freeze for up to 3 months.