

# Chili

Serves 4

## Directions

1. In a pot or electric skillet, mix 2 to 3 teaspoons chili powder, two cups meat sauce master mix (page x), and 4 cups cooked kidney beans (or 2 15-ounce cans beans, drained).
2. For extra Vitamin A, add a 15-ounce can of pumpkin.
3. Heat through.



# Mini Pizzas

Serves 4

## Directions

1. Mix 1 teaspoon Italian Seasoning, a dash of black pepper, and 1 cup meat sauce master mix.
2. On cookie sheet, lay out 8 pizza bases. Try whole-grain bagel halves, English muffin halves or slices of bread.
3. Spoon 2 Tablespoons of the meat sauce master mix and seasoning mixture on each base.
4. Top with a variety of sliced vegetables.
5. Sprinkle with 1 Tablespoon mozzarella cheese.
6. Broil or bake 2 to 3 minutes until cheese starts to brown.

