

RECIPE

NAME:

Cow in a Cup

PREPARATION TIME:

COOKING TIME:

SERVINGS:

Recipe shared by James Duby

INGREDIENTS

- 5 lbs hamburger
- 1 med onion, chopped
- 1/2 cup diced mushroom
- Salt and pepper to taste
- 1-2 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 2 Tbsp. oregano, Italian seasoning
- Any sauce - spaghetti, BBQ, etc.
- 2-4 tubes canned biscuits
- 2-3 cups shredded cheese

DIRECTIONS

Brown hamburger, onion, mushroom and seasonings in large skillet. Stir well, drain and set aside to cool. Once cool, add sauce. Spray cupcake pan with nonstick cooking spray. Flatten biscuits - not too thin or meat will fall through. Place on biscuit into each section of pan. Place meat into each section, filling almost to the top. Cover with cheese and bak until golden brown and cheese is bubbly. Remove and let rest 10 minutes before eating.

RECIPE

NAME:

Mac & Cheese Soup

PREPARATION TIME:

COOKING TIME:

SERVINGS:

Created by Pops and Janey Willoby

INGREDIENTS

- 3 boxes Velveeta Shells & Cheese
- 1 pkg broccoli, chopped
- 1 pkg diced ham
- 1 small pkg sour cream
- 3 cups milk
- 1 to 2 Tbsp. minced garlic
- 3 Tbsp. onion powder or diced onion (about one cup)
- Salt and pepper to taste
- 4 cups shredded cheese
- Pepper flakes or hot sauce to taste

DIRECTIONS

Boil pasta and broccoli per package instructions. Do not drain.

Add all other ingredients, simmer until all are well blended and cooked. Serve with toast or garlic bread.

RECIPE

NAME:

Dressed Up Ramen

PREPARATION TIME:

COOKING TIME:

SERVINGS:

Recipe shared by Tina Drake

INGREDIENTS

1-2 packages ramen noodles
3 cups water for boiling
1 can mixed vegetables
Seasoning of choice
1/2 pound hamburger

DIRECTIONS

Bring water to a boil.
Brown hamburger with spices of choice.
Add ramen to water to soften and use a strainer to drain off most of the water. Add sauce packets, vegetables and hamburger to soup. Serve in bowls.