

## Time Saving Tips

Instead of using an ice pack or ice use frozen food or frozen drink boxes then consume at your destination.

Keep a case of water bottles in the trunk of your car. This will save money and keep kids from drinking soda pop.

Use a nail file and clear nail polish to tighten and secure eyeglass screws.

Clean the dishes as you dirty them when making meals that way the kitchen is not as messy after the meal.

Take mail with you to sort through when you know you will be waiting in line - such as when picking up children from school.

For children who still use sippy cups... keep one cup in the fridge all day, full and ready to go. For multiple kids rubber band their name around the cup. Saves time filling and less dishes!

### Crock Pot Lasagna

1 pound ground beef  
1 medium onion  
2 cloves garlic  
1 29-ounce can tomato sauce  
1 cup water  
1 16-ounce can tomato paste  
1 teaspoon salt  
1 teaspoon dried oregano  
1 8-ounce package lasagna noodles  
4 cups mozzarella cheese  
1 1/2 cups small curd cottage cheese  
1/2 cup parmesan cheese

Chop onion. Mince Garlic. Brown hamburger with onion and garlic. Mix remaining ingredients except cheeses and noodles with meat mixture. Mix cheeses. Spread 1/4 of meat mixture in crock pot. Arrange 1/3 of noodles over sauce. Spoon 1/3 of cheese mixture over noodles. Repeat layers twice and top with remaining meat sauce. Cover. Cook on low 4-5 hours. Makes 6-8 servings.

Make it a freezer meal. Bag meat & sauce mix in a gallon freezer bag. Bag cheeses in a quart freezer bag. Break noodles in half and bag in a quart freezer bag. Put all bags in another gallon freezer bag and lay flat to freeze. Take it out the day before you want to make it and let it thaw in the refrigerator. Proceed with above directions.

### Easy Does It Spaghetti

2 pounds ground beef  
1 cup onion, chopped  
2 cloves garlic, minced  
2 15-ounce tomato sauce  
2-3 teaspoons Italian Seasoning  
1 1/2 teaspoons salt  
1/4 teaspoon black pepper  
2 4-ounce cans sliced mushrooms drained  
6 cups tomato juice  
16 ounces dry spaghetti  
Grated Parmesan cheese

Cook meat and drain. Put in crock-pot. Chop onion and garlic and add to crock-pot. Add remaining ingredients except spaghetti noodles and cheese. Cover and cook on low 6-8 hours or on high 3-5 hours. Break noodles into 4-5 inch pieces. Turn to high during last 30 minutes and stir in dry spaghetti. Stir it well so spaghetti separates, it will not cook well if it is stuck together. (If spaghetti is not cooked to your preference cook an additional 10 minutes.) Sprinkle individual servings with parmesan cheese. Makes 8 servings.

Make it a freezer meal. Put cooked meat, chopped onion and garlic and next 6 ingredients in a two gallon freezer bag. (Or 2 one-gallons bags would work.) Lay flat to freeze. Put broken noodles in a quart freezer bag. Bag parmesan cheese in a sandwich bag. Put all bags in a two gallon freezer bag and freeze. Take it out of the freezer and thaw in refrigerator the day before you want to make it. Proceed with above directions.