



Beans and Bread Casserole Recipe

The Ingredients

- 1.5 lb. ground beef
- 1 lb. (box) elbow macaroni
- 1 16oz. jar of pasta sauce (preferably meat flavored or herb flavored)

The Steps

- Say a prayer for the people that will be receiving this food, for their health, for their peace, for their shelter, and for those serving them.
- Saute the ground beef in a skillet until browned.
 - pour off the excess grease.
- Add one jar of pasta sauce. Season with salt and pepper to taste and heat thoroughly (about 10 minutes over medium heat), stirring periodically.
- Cook elbow macaroni noodles in boiling water according to package directions. Drain the macaroni noodles and add to cooked ground beef and sauce mixture.
- Pour into an aluminum pan, cover with foil, and freeze.
- Pray a Glory Be

THANK YOU AND GOD BLESS YOU.

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