

Hamburger & Fries

INGREDIENTS:

- Fresh lean ground beef or frozen pre-made beef patties (1 pound of ground beef = 4-5 servings)
- Salt & pepper
- Frozen french fries (in bag)
- Hamburger buns

DIRECTIONS:

- Make 4 oz. balls of ground beef and slightly flatten into patties.
- Form a small dent on the center of each patty.
- Cook patties to an internal temperature of 155°.
(Suggestions: pan-fry, oven-bake, or grill the burgers)
- Cool patties, place on buns, and wrap each in aluminum foil.
- Place wrapped burgers and bag of French Fries in a disposable foil pan. Wrap entire pan with aluminum foil. Freeze. Label pan with food name and date.



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Cheese & Turkey Pepperoni Pizza

INGREDIENTS:

- 1—13.8 oz. can refrigerated pizza dough
- 1—14 oz. jar pizza sauce
- 16 oz. mozzarella cheese
- 5 oz. turkey pepperoni (optional)

DIRECTIONS:

- Preheat oven to 425°.
- Grease 9x13" baking dish.
- Unroll dough and press into greased bottom of pan.
- Spread pizza sauce on the dough.
- Cover with cheese and pepperoni.
- Bake 15–20 min. or until golden brown.
- Cool pizza and place in a large disposable foil pan. Wrap entire pan with aluminum foil. Freeze. Label pan with food name and date.



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