Meat Sauce

Ingredients:
1 lb. Jennie-O lean ground turkey
1 lb. Jennie-O Italian turkey sausage
1 pkg. 8 oz. mushrooms (slice or cut to size)
6-8 oz. cherry tomatoes cut in half
¼ cup marsala wine sauce
1 sm. can tomato sauce
3-4 tbsps. Tomato puree
3-4 garlic cloves diced
2 tps. Pepper
salt to taste
½ sm. Or ¼ lg. white onion diced
Palm-full of Italian seasoning

Preparation:
2. Add mushrooms, tomatoes, garlic, onion, pepper.
3. Add wine, sauce and puree (can add chicken broth or water depending on how thin sauce is wanted.)
4. Simmer until all flavors blend.
5. Serve over pasta or alone.

Fast and Easy Working Girls Chili

Submitted by Donna of San Antonio, Texas, participant in Rx for Better Breast Health

Preparation:
1. Brown 1 pound of hamburger meat with 1 small onion (chopped), 1 small bell pepper (chopped), and salt & pepper to taste.
2. Add 2 packages McCormick Chili mix.
3. Stir in 1 can tomato sauce, 1 can stewed or crushed tomatoes (add water if too thick), 1 can drained kidney beans or pintos, 1 can drained black beans, and 1 can drained mushroom.
4. Stir and simmer.
5. Make Jiffy mix corn bread. By the time that is ready (20 minutes), serve with the chili.

Variations:
The leftovers make a good Frito pie or taco salad – serve over chips top with lettuce, tomatoes, onion, cheese, avocado etc.