

## SPAGHETTI AND MEATBALLS

*Very Good!*



- 5 frozen meatballs
- 1 cup spaghetti sauce - Ragu
- 3 tbsp. ricotta
- 1 tsp. grape jam
- 1 cup milk or broth

*Optional:* 1/4 cup very soft noodles

Simmer together above items for 15-20 minutes. Put in blender. Add broth or milk. Blend until smooth.

## PIZZA

Yes, it can be done!

- 1 slice of your favorite pizza (remove end crust)
- 1/2 cup broth, milk, tomato sauce or soup, V-8 (choose one)  
Extra marinara (pizza) sauce!

Add your "precious" slice of pizza to the blender. Choose a thinning liquid that sounds tasty to you. Blend until thinned and smooth. Another trick is to scrape off and use just the top contents of the pizza (you can use a bit of the dough under the sauce)

Add more liquid and pizza sauce if needed (start with 3 TBSP pizza sauce) You can also add 2 tbsp sour cream to take the "bite" (spicy flavor) out of the sauce, no pun intended!! Cheese pizza works well. The more stuff on top, the more blending you will have to do. (Avoid bell peppers.) Strain if necessary. Enjoy!

## MODIFIED CHICKEN DIVAN

- 2 scoops cream of chicken soup
- 1/4 cup soft crumbled chicken (deli turkey or ham)
- 1 tbsp sour cream
- 1/2 baked potato (no skin)
- 1 tbsp cream of broccoli soup (optional)
- 1 tbsp cheese sauce or grated white cheese
- 1-1/2 cup milk or broth

Blend, thin & strain. Heat and serve.