

Loving Leftovers

Stretch your food dollars with leftovers.

Leftovers can make meals that are almost free!

It is okay to eat the same meal for dinner
2 or 3 days in a row.

Cooking is simple on the second and third day.

Just heat and serve.

**You will be spending less time in the kitchen,
and you will be saving money!**

Be creative!

Turn your leftovers into great tasting meals:

- ♥ **Better Beans** – Cook hamburger in a skillet until it is browned. Stir in **leftover baked beans or refried beans**. Sprinkle with shredded cheddar cheese. Serve over rice, spread on tortilla shells, or serve with corn chips.
- ♥ **Tomorrow's Tacos** – Slice **leftover chicken, steak or roast** into strips. Fry meat strips with onion and green pepper strips. Serve in tortilla shells with chopped lettuce, tomatoes and salsa.
- ♥ **Easy Hamburger and Noodles** – Brown some hamburger and diced onions in a skillet. Add a can of tomatoes and **leftover macaroni and cheese**. Heat and eat!
- ♥ **Beef or Pork Hash** – Cut **leftover beef or pork roast** into small pieces. Heat vegetable oil in a large skillet. Add meat and hash brown potatoes to skillet. Fry until browned.



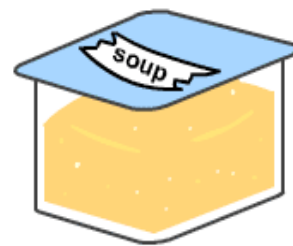
- ♥ **Beef Tips** – Cut **leftover steak or roast** into cubes. Heat beef cubes with a can of gravy in a saucepan. Serve over cooked noodles, rice or mashed potatoes.
- ♥ **Chicken and Biscuits** – Combine 1 to 2 cups of chopped **leftover chicken** with a can of cream of chicken soup, ½ can of water and ¼ cup shredded carrots. Spread into a casserole dish. Top with biscuits. Bake in a 350° oven until biscuits are lightly browned.
- ♥ **Stir Fried Spaghetti** – Heat olive oil in a skillet. Add **leftover spaghetti noodles** to oil and stir until warm. Add spaghetti sauce to noodles and heat. Sprinkle with parmesan cheese and serve! *Tastes better than the night before!*
- ♥ **Baked Spaghetti** – Layer **leftover spaghetti sauce, noodles**, more sauce and cheese in a casserole dish. Cover tightly and freeze. Bake in a 350° oven for 30 minutes later for a quick meal!
- ♥ **Barbecue Sandwich** – Combine **leftover hamburger, roast beef or pork** with barbecue sauce. Heat and serve on buns.

Cook dinner quick!

Eat dinner slow!

More Quick Meals

- ♥ **Pasta Salad** – Combine **leftover noodles** (penne, rotini, wagon wheels, macaroni) with chopped broccoli, tomatoes, olives and low fat Italian salad dressing.
- ♥ **Ham it up!** – Freeze chopped **leftover ham**. Add to scrambled eggs, macaroni and cheese, baked potatoes, noodle and rice dishes.
- ♥ **Hamburger and Biscuits** – Break 1 to 2 cups of **leftover hamburger** into small pieces. Spread in a casserole dish. Top with a can of beefy mushroom soup, ½ can of water and ½ cup vegetables. Top with biscuits. Bake in a 350° oven until biscuits are lightly browned.
- ♥ **Spoonfuls of Veggies** – Freeze small amounts of **leftover vegetables**. When you are making a soup, casserole or stir fry, toss in some veggies!
- ♥ **Tropical Rice** – Mix **leftover rice** with crushed pineapple. Serve hot or cold.
- ♥ **Refried Rice** – Heat 2 tablespoons vegetable oil in a large skillet. Add ½ cup of shredded carrots and onions. Cook for 2 minutes. Add 2 cups of **leftover cooked rice** and 1 beaten egg. Stir and fry for 3 minutes.
- ♥ **Twice Baked Squash or Sweet Potatoes** – Combine **leftover mashed squash or sweet potatoes** with small amount of margarine, maple syrup and cinnamon. Place in a casserole dish sprayed with nonstick vegetable spray. Bake in a 350° oven for 20 minutes.



Safe Leftovers

Put leftover foods in the refrigerator as soon as possible.

Bring food home from the restaurant as soon as possible.

Throw away food that has been at room temperature for more than 2 hours.

If the day is hot - 90° or higher – don't eat foods left out for 1 hour or more.

Store leftover foods in airtight containers with lids.

Freeze it!

Here are some examples of how long leftover foods will last in your freezer:

Cooked Soups and Stews
2 to 3 months

Cooked Hamburger and Meatloaf
2 to 3 months

Cooked Meat Casseroles
2 to 3 months

Cooked Chicken
4 months

Cooked Ham slices or cubes
1 to 2 months

Cooked Pizza
1 to 2 months



**Don't throw away leftovers.
Freeze as you go!**