

## #2

### Freezer Pizza Muffins 1986 Newsletter from Sandy Mattern

2 lbs. ground beef  
2 cans tomato soup with 1 tsp. oregano and 1 tsp. garlic powder added to soup OR 18 oz. jar/can spaghetti or pizza sauce  
4 oz. (1 cup) shredded cheddar cheese  
8 oz. (2 cups) mozzarella cheese  
10 English muffins, split in half to make 20 pizza "crusts"

Cook ground beef; drain. Remove from heat and add soup and spices or the spaghetti/pizza sauce. When cool enough so cheese doesn't melt, stir in cheeses. Spoon onto 20 English muffins halves. Sandy says an option is to toast the muffins first and spread with a thick layer of cheese whiz before placing the meat mixture on top.

If you want to eat before freezing, place desired number of muffins under the broiler until cheese melts. To freeze for later meals, place unbaked muffins on cookie sheets. When completely frozen, take off of cookie sheets and place in freezer bags.

To reheat: Bake on cookie sheet at 350° F for about 10-20 minutes (depending on if they are thawed or frozen) or until cheese is bubbly. Serve open-faced.

Credit as: 1 pizza muffin contains 1½ oz. meat/meat alternate and 1 grains/bread serving. There is not enough soup or pizza sauce per muffin to count as a vegetable serving.