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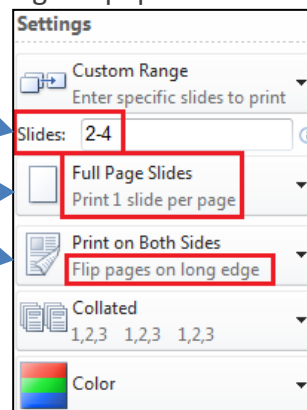
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## Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side



The cards are formatted and aligned to print properly on the back and front.

# Card A: Front

## Hamburger Helper (Knockoff)

**Prep Time:** 15 minutes    **Skill Level:** easy  
**Total Time:** 60 minutes    **Yield:** 4 servings



### Ingredients:

- 1 lb Ground Meat (beef, chicken, turkey, buffalo, elk, or venison)
- 1 tsp **each** of Himalayan salt, black pepper, kale, turmeric, and garlic powder
- 2 tsp **each** of basil, rosemary, parsley
- 2 tbsp onion powder (or 1/2 medium fresh onion)
- 1/2 cup of fresh organic mushrooms (any variety)
- 1/2 cup of fresh organic bell pepper (any variety: red, yellow and orange are sweeter)
- 8 oz organic tomato sauce
- 4-5 cups filtered water
- 1 cup whole wheat pasta

### Optional:

- 1/4 tsp red pepper flakes
- 3-4 cups chopped organic spinach

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# Card B: Front

Every recipe card page you print will have a blank recipe card to reduce wasted paper

**Name:** \_\_\_\_\_

**Prep Time:** \_\_\_\_\_

**Skill Level:** \_\_\_\_\_

**Total Time:** \_\_\_\_\_

**Yield:** \_\_\_\_\_

### Ingredients:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## Back to Card A

### Instructions:

1. Brown 1 lb ground meat in a large stock pot.
2. Drain any liquid and return the meat to the pot.
3. Add all the ingredients to the pot (except the pasta) and bring to a boil.
4. Turn down the heat, cover and simmer for ~30 minutes.
5. Add the pasta and cook based on the package directions.

**This is a great recipe to double when feeding a crowd or bringing to a potluck.**

### Other Vegetable Options: (Add what you have or what you like)

- Broccoli
- Celery
- Cauliflower
- Carrots
- Brussels sprouts
- Zucchini
- Cabbage

### Instead of Pasta:

- Use potatoes and add with initial ingredients
- Use rice or couscous follow package directions

## Back to Card B

### Instructions:

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