

Easy Meal Solutions

Pierogies Make Dinner—Fast



A quick Italian meat sauce tastes great over potato-filled pasta.

(NAPSA)—One way to cope with busy days is to gather ideas for dinners that go to the table in 20 minutes or less. Of course, those meals have to be filling, nutritious and appealing as well as fast.

Low-fat, high-energy pierogies—pasta half-moons filled with good things such as creamy whipped potatoes and onions or cheese—are a great ally in the search for quick dinners because they cook in only five minutes. Pierogies in Hearty Meat Sauce, for instance, have the rich Italian flavor American families love.

Frozen Mrs. T's Pierogies® come in a variety of flavors, including Potato & Cheddar, Potato & Onion and the brand new Broccoli & Cheese. Any flavor can be substituted for any other in a recipe.

For more quick recipes, visit www.pierogies.com or send a stamped, self-addressed, business-sized envelope to: Home for Dinner Leaflet, Mrs. T's Pierogies, P.O. Box 606, 600 E. Center St., Shenandoah, PA 17976-0606.

PIEROGIES IN HEARTY MEAT SAUCE

4 ounces low-fat sausage (preferably Italian-style), casings removed

4 ounces ground lean beef

1½ cups prepared marinara sauce

1 package (16.9 ounces) frozen Mrs. T's Potato & Cheddar or Broccoli & Cheese Pierogies

In a medium-sized skillet, over medium-high heat, break up sausage; cook and stir until browned, about 5 minutes. Add beef; cook and stir until no longer pink. Stir in marinara sauce. Reduce heat to medium-low. Simmer, covered, to blend flavors, about 5 minutes. Meanwhile, heat pierogies in boiling water until they float; drain, reserving ¼ cup of the cooking water; return pierogies to saucepan. Add marinara sauce mixture to pierogies; gently turn pierogies to coat completely. Add reserved cooking water as needed for a saucy consistency. Serve topped with chopped parsley and grated Parmesan cheese, if desired.

YIELD: 4 portions

Per portion: 338 calories, 18 g protein, 10 g fat, 44 g carbohydrate