Dinner Tonight!
Beef and Cheese French Bread

**Ingredients:**
- 1 pound lean ground beef or ground turkey
- 1/2 cup chopped onion
- 1 8-ounce jar salsa
- 1 medium green pepper, chopped
- 2 1/4-ounce can sliced ripe olives, drained
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon minced garlic
- 1/2 teaspoon ground cumin
- 1 lb. loaf unsliced French bread
- 8 ounces (2 cups) shredded sharp cheddar cheese

In a large skillet, cook beef and onion over medium heat until meat is no longer pink. Drain. Stir in salsa, green pepper, olives, salt, chili powder, garlic and cumin. Remove from heat.

Cut bread in half lengthwise. Place on baking sheet. Spread meat mixture over cut slices. Sprinkle with cheese. Bake at 450°F for 10-15 minutes or until cheese is melted.

Cooks note: This recipe serves 8 so you may have enough for lunch the next day. To reheat, wrap in foil and heat in a 350°F oven for 10-15 minutes or until hot. This results in French bread that is soft. If you prefer crispy bread, place on a baking sheet and bake 10-15 minutes or until hot. You may also prepare the meat mixture as directed, omitting the olives. Divide in half. Add the olives to half and spread over half the French bread. Sprinkle with 4 ounces (1 cup) cheese and bake as directed. The remaining meat mixture may be frozen up to 3 months. Sharp cheddar cheese has a stronger flavor than cheddar cheese, which also works well in this recipe. To reduce sodium, eliminate salt, choose a salsa that has a lower sodium content and/or reduce the amount of cheese to 4 ounces (1 cup).

Preparation Time: 20 minutes
Cook Time: 10-15 minutes
Yield: 8 servings
Cost Per Serving: $1.20
Serve with: tossed green salad and low-fat salad dressing with fruit.

**Nutrition Facts Per Serving:**
- Calories: 372
- Total Fat: 16 grams
- Cholesterol:
- Sodium: 973 mg
- Total Carbohydrate: 34 grams