



“Johnny Mazette” a là Christmas

Sister Pam Smith SSCM, Ph.D.

Ingredients:

14-16 oz. package of spinach noodles or spinach farfalletti pasta

2 cups (16 oz.) or slightly more diced ham, previously boiled or smoked

4 cups (32 oz.) diced tomatoes, with their juice

¼ cup diced green pepper

½ cup diced orange bell pepper

6 oz. (more, if needed) V-8

1-2 tbsp. Worcestershire sauce (or more, to taste)

Minced onion—sprinkles

Black pepper—sprinkles

Directions:

1. Boil noodles or pasta in appropriate quarts of water, lightly salted, with a spritz of olive oil
2. Drain
3. Add to large pot
4. Add diced tomatoes, diced ham, green pepper, orange bell pepper, Worcestershire sauce, minced onion, black pepper to taste. Stir well.
5. Heat over medium heat till mixture is thoroughly warm.
6. Cover the pot and keep on low heat until flavors permeate the dish and people are ready to eat. While on low, add V-8 periodically to keep the dish moist.
7. Serve in a soup bowl.

Servings 6