



We sure hope everyone had a great summer. By now all the kids are back in school. We have a couple of Friday appointment's available in December to accommodate the holiday season and for any college students that may be home for a limited amount of time, if you're interested in scheduling for those give us a call!



One Pot Southwest Macaroni

Prep Time: 5 Mins Cook Time: 25 Min

Ingredients

- 8 ounces macaroni pasta
- 1/2 lb ground beef or ground turkey
- 3/4 Manwich sloppy joe sauce
- 1/2 can great northern beans(rinsed & drained)
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/2 c. packed mint, chopped
- 1/4 adobo seasoning
- 1/2 jalapeno(seeded & diced)
- 1 cup shredded cheese

Directions

- In a large pot, bring water to a boil; add macaroni. Cook according to package directions. Drain; set aside.
- In the same pot, brown ground beef over medium-high heat until all pink is gone. Drain grease. Add 1/2 cup Manwich sauce, beans, pepper, cayenne, garlic powder, adobo seasoning, and jalapeno. Stir until well combined. Reduce heat to medium-low and simmer for 5 to 8 minutes.
- Add 1/4 cup Manwich sauce and macaroni. Stir to combine, until pasta is well coated.
- Sprinkle cheese over the top of the dish. Cover pot, and turn off heat. Let sit for 2 to 3 minutes, until cheese melts. Serve warm.



Football is Back!
Here is a list of Home Games

Detroit Lions
Sunday Sep 15 1pm vs. Chargers
Sunday Sep 29 1pm vs. Chiefs

University of Michigan
Saturday Sep 7 vs. Army
Saturday Sep 28 vs. Rutgers

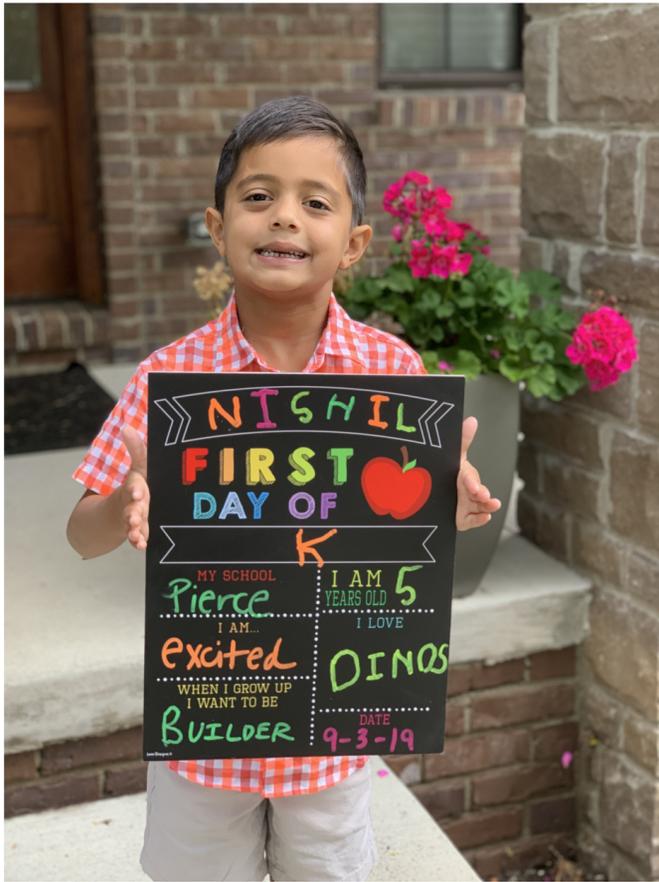
Michigan State
Saturday Sep 7 vs. Western Michigan
Saturday Sep 15 vs. Arizona State
Saturday Sep 28 vs. Indiana



There are other fun events happening!

- Renaissance Festival Now -Sep 28
- Eastern Market after Dark Sept 19
- Zoo Brew Sept 20
- Murals in the Market Sept 14-21







\$25 Gift Card? How can I get mine?

For every new patient you refer, a [\\$25 gift card](#) is sent to you!

Additionally, we are running a **New Patient Special** of \$79 which includes an exam, cleaning, and x-rays.

Thank you for allowing us to take care of all your dental needs. The highest compliment we can receive is the referral of family and friends.



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