

Freddy Spaghetti

A one-dish dinner!



Level: Medium

Serves: 7

Kids' Tool Kit

Can opener
Electric skillet
Measuring cup
Spoon
Thermometer



Ingredients:

- 1 pound lean ground beef
- 1 can (15-ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5-ounce) cream of celery soup
- 1/3 cup ketchup

Chef's Choice

Freddy Spaghetti
Broccoli
Peach half
Low fat milk



Directions:

Remember to wash your hands!

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Simmer until mixture reaches 160 degrees, stirring often.



Helpful Hints: This recipe can also be cooked in the microwave or on the stove-top. Three easy steps to a quick, one-dish dinner.



Safety Tips: Use hot, soapy water to wash counters. Clean work surfaces often to remove food particles and spills. Keep non-food items—such as book-bags, newspapers and magazines—off the counter and away from food and utensils.

Nutrition Facts

Serving Size 1/2 cup (181g)
Servings Per Container 7

Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Cholesterol 40mg	13%
Sodium 730mg	31%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1 gram	4%
Sugars 6g	
Protein 16g	
Vitamin A 8%	Vitamin C 4%
Calcium 2%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *More Spaghetti, I Say!* by Rita Golden Gelman. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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