



# One Pan Spaghetti

Easy to fix; fast to clean up!

Level: Easy

Serves: 10, 1 cup each

## Kids' Tool Kit

Bowl  
Fork or potato masher  
Spoon  
Sauce pot  
Can opener

## Ingredients:

1 can (15-ounce) carrots  
1 can (26-ounce) spaghetti sauce  
2 carrot-cans water (4 cups)  
1 package (10-ounce) spaghetti



## Directions:

**Remember to wash your hands!**

1. In a mixing bowl, mash carrots with liquid until smooth. Pour into large sauce pot.
2. Add spaghetti sauce and water. Bring to a boil.
3. Break spaghetti pieces into thirds. Add to pot.
4. Simmer until spaghetti is tender, stirring often.

## Chef's Choice

One Pan Spaghetti  
Green beans  
Peach half  
Low fat milk



**Helpful Hints:** An easy way to mash the carrots is with a fork, potato masher or a pastry blender.

Remember to stir the spaghetti as it simmers on the stovetop. The sauce thickens as the spaghetti cooks.



**Safety Tips:** Wash can lids before opening to remove dirt and germs.

## Nutrition Facts

Serving Size 1 cup (239g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 160	<b>Calories from Fat</b> 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 500mg	<b>21%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 6g	
<b>Protein</b> 5g	
Vitamin A 90%	Vitamin C 6%
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	

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book for this cooking activity: *Strega Nona* by Tomie dePaola

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](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).