

Super Spaghetti Supper

Great for lunch, too!



Level: Easy

Serves: 4 to 6

Kids' Tool Kit

Electric skillet
Strainer
Measuring cup
Measuring spoons
Can opener
Spoon
Thermometer

Ingredients:

- 1 pound lean ground beef or turkey, browned and drained
- 3 ³/₄ cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into pieces 3 to 4 inches long
- 1 tablespoon dried onion flakes
- ¹/₂ teaspoon Italian seasoning
- ¹/₂ teaspoon garlic powder



Chef's Choice

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Green beans
Bread stick
Pear half
Low fat milk



Directions:

Remember to wash your hands!

1. Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet.
2. Add onion flakes and spices; cover skillet and bring to boil. Simmer 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 160 degrees.



Helpful Hints: If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe dish, cover loosely with a paper towel, reheat on medium power, stir and rotate dish midway through cooking. This recipe is perfect for planned-overs!



Safety Tips: Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a foodborne illness.

Nutrition Facts

Serving Size 1 cup (311g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 40mg	14%
Sodium 70mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 20g	
Vitamin A 8%	Vitamin C 10%
Calcium 2%	Iron 15%
*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 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: *We Eat Dinner in the Bathtub* by Angela Shelf Medearis.

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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