

One Pan Spaghetti

Easy to fix; fast to clean up!

10 servings

Ingredients:

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

Directions:

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.

Nutrition Facts: One cup serving provides 160 calories, 2.5g total fat, 0mg cholesterol, 500mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

One Pan Spaghetti
Green beans
Peach half
Low fat milk

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