

## Super Spaghetti Supper

*Great for lunch, too!*

4 to 6 servings

### 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

### Directions:

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.

*Nutrition Facts: One cup provides 190 calories, 3g total fat, 40mg cholesterol, 70mg sodium, 22g 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

Super Spaghetti Supper  
Green beans  
Bread stick  
Pear half  
Low fat milk

## Super Spaghetti Supper

*Great for lunch, too!*

4 to 6 servings

### 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

### Directions:

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.

*Nutrition Facts: One cup provides 190 calories, 3g total fat, 40mg cholesterol, 70mg sodium, 22g 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

Super Spaghetti Supper  
Green beans  
Bread stick  
Pear half  
Low fat milk

## Super Spaghetti Supper

*Great for lunch, too!*

4 to 6 servings

### 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

### Directions:

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.

*Nutrition Facts: One cup provides 190 calories, 3g total fat, 40mg cholesterol, 70mg sodium, 22g 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

Super Spaghetti Supper  
Green beans  
Bread stick  
Pear half  
Low fat milk

## Super Spaghetti Supper

*Great for lunch, too!*

4 to 6 servings

### 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

### Directions:

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.

*Nutrition Facts: One cup provides 190 calories, 3g total fat, 40mg cholesterol, 70mg sodium, 22g 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

Super Spaghetti Supper  
Green beans  
Bread stick  
Pear half  
Low fat milk