



Slow Cooker Pasta Sauce

Flavors blend when cooked all day!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Can opener
Slow cooker
Measuring spoons
Spoon
Skillet

Chef's Choice

Slow Cooker Pasta
Sauce
Spaghetti
Green beans
Peach half
Low fat milk

Ingredients:

- 1 pound lean ground beef or pork
- 1/2 medium onion, chopped
- 1/2 bell pepper, chopped
- 3 carrots, sliced
- 1 zucchini, sliced and quartered
- 2 cloves garlic, diced
- 2 cans (15-ounce) tomato sauce
- 1 can (15-ounce) diced tomatoes
- 1/2 teaspoon dried basil *
- 1/2 teaspoon dried oregano*
- 1/2 teaspoon dried thyme*



*Or substitute 2 teaspoons dried Italian seasoning for the 3 spices
Cooked pasta



Directions:

Remember to wash your hands!

1. Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker.
2. Add vegetables and herbs, and stir to combine ingredients.
3. Cook on low setting 6 to 8 hours or high 3 to 4 hours.
4. Serve over cooked pasta and top with shredded cheese, if desired



Helpful Hints: Get a head start on this dish by preparing the vegetables the day before, cover and store in the refrigerator overnight. You can also brown the meat the day before and keep covered in the refrigerator. In the morning, put all ingredients in the slow cooker and you're on your way to a delicious meal!

Other ingredients may be added to the sauce for extra flavor. Try mushrooms, broccoli, celery or pepperoni.

If tomatoes are in season, substitute fresh for canned. Two large or 3 medium size tomatoes would equal one 15-ounce can.



Safety Tips: Refrigerate or freeze leftovers within 2 hours of cooking. Divide pasta sauce into shallow containers no more than 2 inches deep; refrigerate or freeze immediately. This is important so the sauce cools quickly, limiting bacterial growth.

Reheat all leftovers to 165 degrees to make sure food is safe to eat.

Nutrition Facts

Serving Size 1 cup (380g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Cholesterol 40mg 13%

Sodium 900mg 38%

Total Carbohydrate 20g 7%

Dietary Fiber 5g 21%

Sugars 11g

Protein 19g

Vitamin A 100% • Vitamin C 60%

Calcium 6% • Iron 20%

*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

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.