

Freddy Spaghetti

A one-dish dinner!



Level: Medium

Kids' Tool Kit

Can opener Electric skillet Measuring cup Spoon Thermometer

Ingredients:

- 1 pound lean ground beef
- 1 can (15-ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5-ounce) cream of celery soup $\frac{1}{3}$ cup ketchup



Serves: 7

Chef's Choice

Freddy Spaghetti Broccoli Peach half Low fat milk



Directions:

Remember to wash your hands!

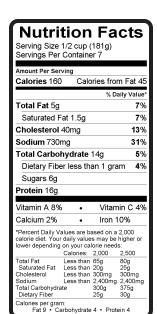
- 1. Brown ground beef in an electric skillet and drain well.
- 2. Add remaining ingredients and mix well.
- 3. Simmer until mixture reaches 160 degrees, stirring often.



Helpful Hints: This recipe can also be cooked in the microwave or on the stovetop. Three easy steps to a quick, one-dish dinner.



Safety Tips: Use hot, soapy water to wash counters. Clean work surfaces often to remove food particles and spills. Keep non-food items—such as book-bags, newspapers and magazines—off the counter and away from food and utensils.



How long has it been since you washed your can opener? Bacteria can grow on splatters and dried food, so remember to wash can openers often with hot, soapy water.

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: *More Spaghetti, I Say!* by Rita Golden Gelman. 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.

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.