

Freddy Spaghetti

A one-dish dinner!

7 servings

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

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
- 1/3 cup ketchup

Chef's Choice

Freddy Spaghetti
Broccoli
Peach half
Low fat milk

Directions:

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.

Nutrition Facts: One-half cup provides 160 calories, 5g total fat, 40mg cholesterol, 730mg sodium, 14g 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.

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