



Great for Lunch, Too!

Super Spaghetti Supper

Makes: 12,
½-cup servings

Ingredients:

1 pound lean
ground beef or
turkey, browned
and drained

¾ cups hot
water

1 can (6 ounces) tomato paste

5 ounces whole-grain spaghetti, dry and
broken into pieces 3 to 4 inches long

1 tablespoon dried onion flakes

½ teaspoon Italian seasoning

½ 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 serving provides Calories 240, Calories from Fat 90, Total Fat 10 g, Saturated Fat 4 g, Trans Fat 0.5 g, Sodium 120 mg, Total Carbohydrates 16 g, Dietary Fiber 3 g, Sugar 6 g, Protein 21 g, Calcium 2%, and Iron 15%

Recipe from *Kids-a-Cookin'*

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