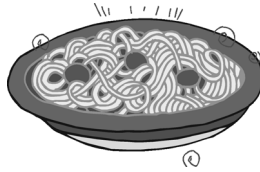


Super Spaghetti Supper

Makes 4–6 large servings

- 1 pound ground beef or turkey, browned
- 3 3/4 cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into 3-4 inch pieces
- 1 tablespoon dried onion
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder

Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet. Add onion and spices; cover skillet and bring to boil. Simmer for 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 165 degrees F.

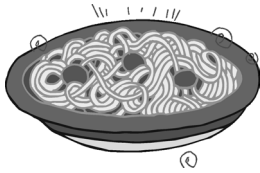


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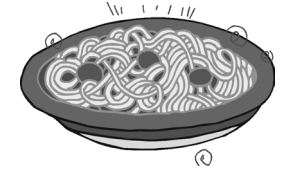


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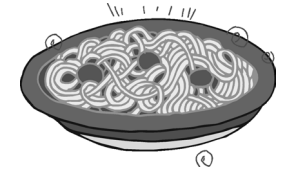


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Nutrition Facts	
Serving Size (128g)	
Servings Per Container 6	
Amount Per Serving	
Calories 340	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	29%
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 25g	
Vitamin A 8%	• Vitamin C 10%
Calcium 2%	• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



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