

What You Will Need

Equipment:

electric skillet and lid
wooden spoon
measuring spoons
liquid measuring cup
rubber spatula
small paper plates
paper napkins
plastic spoons

Ingredients:

for 4 - 6 servings, approx 1/2 cup

1 pound ground meat, browned
1 can, 6 ounce, tomato paste
5 ounces dry spaghetti
garlic powder
dried onion
Italian seasoning
3 3/4 cups hot water

Other Possible Activities:

Tablesetting: See activities accompanying **Feast for 10** section.

Where Do You Think It Would Be Neat to Eat?

This activity can be drawn or acted out, as desired. Each child has an opportunity to talk about or draw or both! their ideal family eating site. Help children to think outside the normal boundaries for this activity – maybe their meal is in a tree, or on the moon! Emphasize a group of at least two in the pictures, to send the message that eating together is more fun.





Super Spaghetti Supper

great for lunch, too!

- 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.

Makes 4-6 large servings

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.



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