

# What You Will Need

## More Spaghetti, I Say!

### Equipment:

electric skillet and lid  
can opener  
wooden spoon  
hot pads  
small paper plates  
paper napkins  
plastic spoons

### Ingredients:

1 pound ground meat, browned and drained  
1 16 ounce can spaghetti with tomato sauce and cheese  
1 can cream of celery soup  
1/3 cup ketchup

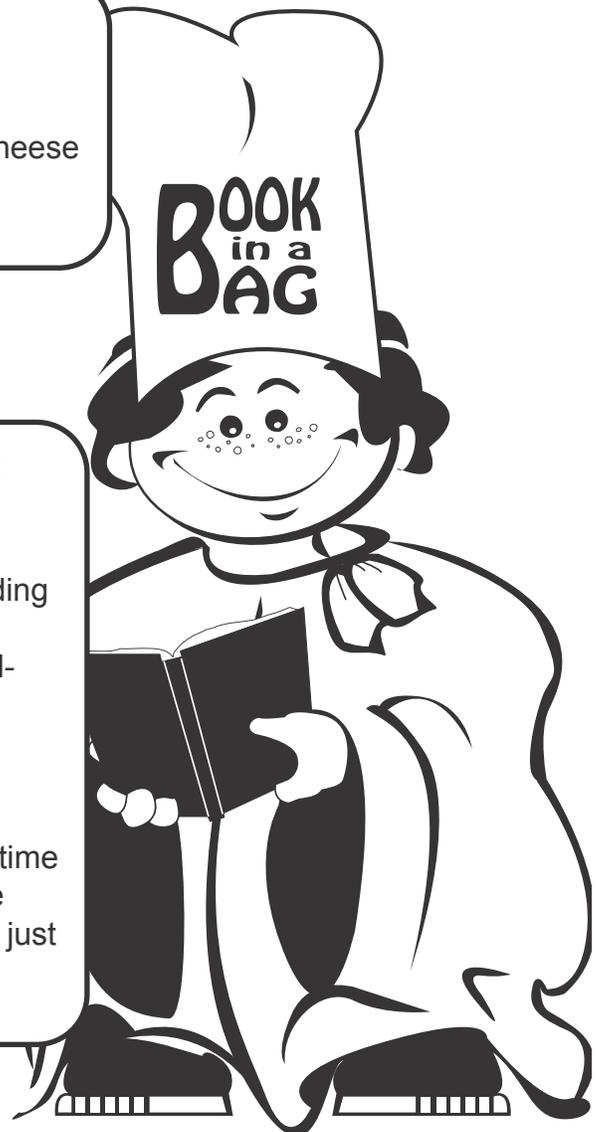
### Other Possible Activities:

#### Jumpaghetti:

Two children sit facing each other on the floor holding a jump rope between them. They wiggle the jump rope back and forth on the ground, while other children take turns jumping back and forth. (Keep the rope on the ground or someone could trip!)

#### Make Pasta:

Noodles and pasta are easy to make. If you have time (and possibly equipment), you might want to make pasta or noodles with your group. Recipes usually just consist of flour, salt, egg and water.





# Freddy Spaghetti

- 1 pound 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

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Heat until bubbly and serve hot.

Makes 7 servings 1/2 cup each.

## Nutrition Facts

Serving Size 1/2 cup (181g)

Servings Per Container 7

### Amount Per Serving

**Calories** 200 **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g 13%

Saturated Fat 3g 15%

**Cholesterol** 30mg 10%

**Sodium** 750mg 31%

**Total Carbohydrate** 15g 5%

Dietary Fiber less than 1 gram 4%

Sugars 4g

**Protein** 15g

Vitamin A 8% • Vitamin C 4%

Calcium 4% • Iron 10%

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

**K-STATE**  
Research and Extension

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