



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Pasta and Meat Sauce

- 2 cups MASTER MEAT SAUCE\*
- 1 16-ounce can tomatoes, chopped
- 1 8-ounce can tomato sauce
- ½ teaspoon oregano
- ½ teaspoon basil
- ⅛ teaspoon pepper
- Parmesan cheese (optional)

1. In bowl, combine MASTER MEAT SAUCE with remaining ingredients, except Parmesan cheese.
2. Place in gallon-sized freezer bag. Label with date and heating instructions and freeze.

### To prepare for serving:

1. in refrigerator, thaw Meat Sauce. Place in saucepan and simmer slowly ½ to 1 hour.
2. In large pan, boil 3 quarts water. Add 1 tablespoon vegetable oil to reduce boiling over.
3. Add 8 ounces of pasta (macaroni, spaghetti, noodles) gradually.
4. Boil uncovered, stirring occasionally. Over stirring causes sticky pasta.
5. Cooking time varies with altitude and product; check package directions. Average time is 8 to 10 minutes. Pasta should be tender, yet firm.
6. Immediately drain in colander; do not rinse. Rinsing washes away valuable nutrients.
7. Pour Meat Sauce over hot cooked pasta. Sprinkle with Parmesan cheese. Serves 4.

### Enjoy with:

- ice cold milk
- tossed spinach greens with dried cranberries
- crunchy garlic toast

## Nutrition Facts

Serving Size: 1 cup (228g)

Servings: 4

Amount Per Serving

**Calories** 260    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1.5g    **2%**

Saturated Fat 0g    **1%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 550mg    **23%**

**Total Carbohydrate** 54g    **18%**

Dietary Fiber 4g    **14%**

Sugars 8g

**Protein** 9g

Vitamin A 8%    Vitamin C 20%

Calcium 6%    Iron 25%

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

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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