

# PASTA with MEAT SAUCE

## Meat Sauce

- 2 cups Master Meat Sauce
- 1 can (16 oz.) tomatoes, chopped
- 1 can (8 oz.) tomato sauce
- ½ teaspoon oregano
- ½ teaspoon basil
- ⅓ 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

## MASTER MEAT SAUCE

- 4 pounds lean ground meat
- 1 medium onion, minced
- 1 can (6 oz.) tomato paste plus 6 oz. can of water or 1 can tomato soup
- 2 cans (15 oz.) tomato sauce
- 1 teaspoon garlic powder
- 1 teaspoon salt

1. Brown meat, drain fat.
2. Add other ingredients. Simmer 20 to 30 minutes.
3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.

## Nutrition Facts

Serving Size 1 cup  
Servings per Recipe 4

Amount per Serving

**Calories** 180 **Calories from Fat** 70

%Daily Value\*

**Total Fat** 8g 12%

Saturated Fat 3g 15%

**Cholesterol** 30mg 10%

**Sodium** 700mg 29%

**Total Carbohydrate** 13g 4%

Dietary Fiber 3g 12%

Sugars 6g

**Protein** 13g

**Vitamin A** 20% • **Vitamin C** 20%

**Calcium** 6% • **Iron** 8%

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

