

Meal Maker Kit Shopping List

- 1 can diced tomatoes (14 1/2 ounces)
- 1 bottle of dill pickle relish
- 1 bottle of prepared mustard
- 1 bottle of ketchup
- 1 packet of steak seasoning
- 1 bag of uncooked whole wheat penne pasta

Optional

- 1 bottle of seasoned salt
- May add - potato side dish, dessert mix, or drink mix to provide a complete meal.



The Care Service

Sts. Joachim & Ann

Additional Information

- Place all items in a bag and attach the recipe below to the bag.
- The Care Service will provide perishable items needed for the recipe.
- Meal Maker Kits may be dropped off Monday - Friday, 8:30 am - 4:30 pm at The Care Service (4116 McClay Rd) or in the gathering space at Sts. Joachim & Ann Church.

Cheeseburger Pasta

Ingredients :

- 1-1/2 cups uncooked whole wheat penne pasta
- 3/4 pound lean ground beef (90% lean)
- 2 tablespoons finely chopped onion
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes
- 2 tablespoons dill pickle relish
- 2 tablespoons prepared mustard
- 2 tablespoons ketchup
- 1 teaspoon steak seasoning
- 1/4 teaspoon seasoned salt
- 3/4 cup shredded reduced-fat cheddar cheese
- Optional: chopped green onion

Directions:

Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Drain pasta; add to meat mixture.

Stir in the tomatoes, relish, mustard, ketchup, steak seasoning and seasoned salt. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

Sprinkle with cheese. Remove from the heat; cover and let stand until cheese is melted. Garnish with green onions if desired.

Nutrition Facts:

1-1/2 cups: 391 calories, 12g fat (6g saturated fat), 57mg cholesterol, 759mg sodium, 43g carbohydrate (10g sugars, 4g fiber), 28g protein.

Diabetic Exchanges: 3 lean meat, 2 starch, 1 vegetable, 1/2 fat.

Notes :

Total Time:
Prep/Cook: 30 mins.

Makes 4 servings



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