

Meal Maker Kit Shopping List

- 6 cans beef broth (14 1/2 ounces each)
- 2 cans diced tomatoes (28 ounces each)
- 2 jars spaghetti sauce (26 ounces each)
- 1 can kidney beans (16 ounces)
- 1 can cannellini beans (15 ounces)
- 1 bag of uncooked medium pasta shells

Optional

- 1 bottle of hot pepper sauce
- May add - canned fruit, desert item, 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.

Pasta Fagioli

Ingredients :

- 2 pounds ground beef
- 6 cans (14-1/2 ounces each) beef broth
- 2 cans (28 ounces each) diced tomatoes, undrained
- 2 jars (26 ounces each) spaghetti sauce
- 3 large onions, chopped
- 8 celery ribs, diced
- 3 medium carrots, sliced
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 3 teaspoons minced fresh oregano or 1 teaspoon dried oregano
- 2-1/2 teaspoons pepper
- 1-1/2 teaspoons hot pepper sauce
- 8 ounces uncooked medium pasta shells
- 5 teaspoons minced fresh parsley

Directions:

In a large stockpot, cook beef over medium heat until no longer pink, 5-7 minutes; crumble beef and drain off grease. Add broth, tomatoes, spaghetti sauce, onions, celery, carrots, beans, oregano, pepper and pepper sauce.

Bring to a boil. Reduce heat; simmer, covered, 30 minutes. Add pasta and parsley; simmer, covered, until pasta is tender, 10-14 minutes.

Nutrition Facts:

1-1/4 cups: 212 calories, 6g fat (2g saturated fat), 20mg cholesterol, 958mg sodium, 25g carbohydrate (8g sugars, 5g fiber), 14g protein.

Notes :

Total Time:
Prep: 10 min. Cook: 1 hr



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