

MARKET MEALS

EASY AT HOME RECIPES



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RECIPE OF THE WEEK PASTA WITH MEAT SAUCE

INGREDIENTS

- 1 pack lean ground beef
- 1 can of tomato sauce
- 1 tablespoon of cooking oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 pack of spaghetti, cooked according to package
- 1 Cole's garlic mini loaf, cooked according to package

DIRECTIONS

- Heat cooking oil in a shallow soup pot
- Add beef, and season with salt and pepper
- Brown until cooked through (10-15 mins)
- Drain grease
- Add tomato sauce and salt and pepper
- Stir to combine and bring to a boil
- Boil for about 1 minute then reduce heat to med-low and simmer 20 minutes
- Serve over spaghetti, and serve with garlic bread

FOOD HANDLING SAFETY

Wash hands before starting food preparation
Clean and sanitize all food preparation surfaces before food preparation

Internal temperature cooking guide

- Poultry 180 degrees F
- Beef 160 degrees F
- Combination dishes/casseroles 165 degrees F
- Cold Salads 40 degrees F

