



Beef and Pasta Bake

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
3 (28 oz) cans	low sodium tomatoes, diced or crushed	3 (796 mL) cans
4 cloves	garlic, minced	4 cloves
2	onions, diced	2
4 cups	mushrooms, sliced	1 L
3	red peppers, diced	3
¼ cup	chili powder	60 mL
4 tsp	cumin, ground	20 mL
4 tsp	oregano, dried	20 mL
1 tsp	salt	5 mL
3 ½ lbs	whole grain or whole wheat pasta (e.g. macaroni, penne, rotini)	1.7 kg
6 cups (1.5 lbs)	cheddar cheese, grated	1.5 L (700 g)

Instructions

- Preheat oven to 350°F (180°C).
- Heat oil in a large pot. Add beef and cook until no longer pink. Drain fat.
- Add onions and sauté until soft.
- Add garlic. Cook 1 – 2 minutes.
- Add peppers and sliced mushrooms. Cook on medium until mushroom liquid has been reduced.
- Add tomatoes, spices, and salt. Simmer for 25 – 30 minutes.
- Meanwhile, bring a large pot of water to a boil.
- Cook noodles according to package directions.
- Mix noodles and sauce in a large bowl and toss gently to combine.
- Spray necessary number of baking dishes with cooking spray.
- Divide noodle mixture among baking dishes.
- Sprinkle with cheese and bake for 20 – 30 minutes until heated through and cheese is melted.

Note: Nutrition Information is on page 2.

Vegetarian Substitution Suggestion: Bean and Pasta Bake (see recipe)

Nutrition Information Serving 180 g
Calories 220
Fat 10 g
Saturated 4.5 g
+ Trans 0 g
Sodium 180 mg
Carbohydrates 17 g
Fibre 2 g
Sugars 3 g
Protein 16 g
Calcium 150 mg
Iron 2 mg

Food Guide Servings
1 Vegetable & Fruit
1 Grain Product
½ Milk & Alternative
1 Meat & Alternative