

# Pasta with Meat Sauce & Vegetables

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Serves: 4 people

## Ingredients

Box of pasta

Jar of pasta sauce

1 lb of ground beef, chicken, or turkey

Frozen broccoli, peas, or green beans

Salt and pepper

1 tbsp of olive oil

Garlic powder

## Equipment Needed

Large pot with lid

Medium pot with lid

Microwave

Microwave safe bowl

Strainer

2 large spoons

Tablespoon (tbsp)

## Time

**Preparation:** 5 minutes

**Cooking:** 18 minutes

**Total time:** 23 minutes

## Instructions

You will be cooking the meat sauce, pasta, and vegetables all at the same time. These instructions include three smaller recipes that will tell you when you need to move to the other recipe.

Before you start cooking, gather all of your ingredients.

# Spaghetti with Meat Sauce & Vegetables

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## Pasta

1. Fill your large pot with water until it is 2/3 of the way full. You can also measure out 16 cups of water to fill the pot.
2. Put the pot of water on the stove. Put the lid on the pot. Turn the burner onto high to boil the water.

While you are waiting for the water to boil, start cooking the Meat Sauce.

3. Once your pot of water is boiling, add the pasta to the boiling water. Stir the pasta once it is all in the water.
4. Cook the pasta for 9-11 minutes and it is soft enough to eat. You may need to stir 1-2 times while it is cooking.

While the pasta is cooking, prepare and cook your vegetables.

5. Put your strainer in the sink.
6. Once it is cooked all the way through, carefully pour the pot of pasta over the strainer. Turn off the burner.

## Meat Sauce

1. Open the package of ground meat, and place into the medium pot.
2. Put the pot of meat on the stove. Turn the burner to medium heat.
3. Using one of the spoons, stir the meat to break it into smaller pieces.
4. Cook the meat until is browned all the way through, about 10-15 minutes. You will need to stir the meat 2-3 times while it is cooking.

While the meat is cooking, your water might start to boil. Start cooking your pasta.

5. When the meat is browned all the way through, open and pour the jar of pasta sauce into the pot with the meat.
6. Turn the burner down to low, and stir to mix the meat and sauce together.
7. The pot with the meat sauce can stay on the stove at low temperature until you are ready to eat. You may need to stir it once or twice to keep from sticking.

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## Frozen Vegetables

1. Pour the frozen vegetables into the microwave safe bowl.
2. Add 2 tbsp of water to the bowl with the vegetables.
3. Put the vegetables in the microwave. Cook the vegetables on High for 4 minutes.
4. When they are done cooking, stir the vegetables. If they are still cold, cook the vegetables for 2-3 more minutes on high.
5. Once the vegetables are done cooking, take out of the microwave.
6. Add 1 tbsp of olive oil and shake on the garlic powder, salt, and pepper. You can add or use different seasonings as well.

## To Serve:

1. When the pasta, sauce, and vegetables are all done cooking you can serve the food.
2. The pasta can go in a plate or a bowl.
3. Scoop the meat sauce with a spoon over the pasta sauce.
4. Serve the vegetables on the side or mix them in, if preferred.

## Leftovers:

1. If you have leftovers, you can store them in the refrigerator for up to a week.
2. Place the pasta into a Tupperware container or a gallon Ziploc bag.
3. Add the sauce to the pasta and seal your container or bag tightly.
4. Store the vegetables separately in another Tupperware container or Ziploc bag.