12 Foods = 6 Meals Kids 🍝

Italian Style

- Pasta or noodles
- Mixed vegetables or large bag frozen vegetables
- Lean ground beef
- Beef broth, canned or homemade
- Bread dough
- Spaghetti or enchilada sauce
- Stewed tomatoes, canned or fresh
- Eggs
- Potatoes
- Celery
- Beans, fresh cooked or canned (pinto, white, kidney)
- Cheese, cheddar or mozzarella

Buy these 12 foods

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University of California at Davis • UC Cooperative Extension • 4H-EFNEP 4163
Quick Minestrone Soup

You need
1 bag mixed, frozen vegetables
2 cans stewed tomatoes
1 can beans drained
1 celery stalk, chopped
5 1/2 cups water or 3 cans beef broth
1 cup macaroni noodles, uncooked

Extras
Parmesan cheese
1 onion chopped

In a large pot, add all ingredients except cheese. Bring to a boil.

Cover pot. Reduce heat and simmer for 6 to 8 minutes.

Sprinkle cheese on top before serving.

Serves 6
Meatball Fun

You need

2 potatoes, washed and chopped
1 celery stalk, chopped
1 can stewed tomatoes with liquid
2 cans beef broth
\( \frac{1}{2} \) t pepper
1 1/2 cups mixed, frozen vegetables
1 pound ground beef, lean
1 egg
1 cup cheese

Extra

1 onion, chopped

Combine first 6 ingredients in a large pot. Cover and simmer for 30 minutes.
Mix meat + egg in a bowl. Shape into 1-inch balls.
Add meatballs to pot. Simmer, covered for 15 minutes.

Add frozen or fresh vegetables, simmer for five minutes.
Sprinkle cheese on top.

Serves 6
Yum Yum Pizza

You need

- Bread dough
- 3/4 cup spaghetti sauce
- 3/4 cup grated mozzarella cheese
- 1 cup or 1/2 pound ground beef, lean

Extras

- 1/3 cup Parmesan cheese
- 1/3 cup olives, mushrooms, onion, broccoli or green pepper, chopped
- 1 cup (fresh or frozen) spinach, thawed and drained

Brown meat in a skillet.

Drain fat.

Next, add spinach to meat and cook 1 minute.

Cover and simmer for 3 minutes.

Spread spaghetti sauce over bread dough.

Spoon beef and spinach on top of crust.

Add cheese and other ingredients.

Bake at 400°F for 20-25 minutes.

Serves 3
Topsy Turvy Casserole

You need

- 3/4 pound ground beef
- 1 cup frozen mixed vegetables
- 1 cup stewed tomatoes
- 2 celery stalks, chopped
- 1 cup spaghetti sauce or tomato sauce
- Bread dough
- 1/2 cup cheese

Brown meat in a skillet.
Drain fat.
Next, add vegetables and cook for 2 minutes.
Add spaghetti sauce and stewed tomatoes.
Simmer for 5 minutes.
If skillet is not oven proof, transfer ingredients into oven proof pan.
Roll bread dough to fit pan and add to pan.
Bake in 425°F oven 15 minutes or until well browned.
Top with cheese.

Serves 6
Quick Beans

You need

- ½ pound ground beef
- 1 cup stewed tomatoes, chopped
- 1 can beans
- 1 T chili powder
- 1 cup spaghetti sauce
- 1 celery stalk, chopped
- top with grated cheese

Extra

- 1 onion, chopped

Brown meat lightly in a skillet.

Drain fat.

Next, add all ingredients.

Bring to a boil.

Reduce heat, cover and simmer for 10 minutes.

Top with cheese.

Serves 6
Hamburger Heaven

You need

- 1/2 pound ground beef
- 1/2 pound cheese, sliced
- 1-2 celery stalks, chopped
- 2 cups pasta, uncooked
- 1 can stewed tomatoes, with liquid
- 1 can beef broth or 2 cups water
- 2-3 potatoes, diced small

Brown meat lightly in a skillet.
Drain fat.
Next, add all ingredients.

Bring to a boil on high heat. Simmer covered for 30 minutes on low heat.

Serves 6
Good to keep on hand:

- Chili powder
- Tomato ketchup
- Parmesan cheese
- Salsa
- Pepper
- Salt (if high blood pressure is not a problem for family members)

Key for spoon measurements:

1 tablespoon = 1T

1 teaspoon = 1t
Recipe Tips
12 Foods = 6 Meals Kids Love 4H-EFNEP #4163
Italian Style

♦ To add more flavor to these recipes, look in the cupboard on the back page for some suggestions on additional spices and seasonings.

♦ To reduce the amount of fat, try using low-fat or non-fat cheese. Compare the first two full fat cheeses with the low-fat mozzarella.

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Calories from fat</th>
<th>% Calories from fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucerne Cheddar Mild (1 oz.)</td>
<td>110</td>
<td>80</td>
<td>73%</td>
<td>180 mg</td>
</tr>
<tr>
<td>Precious Mozzarella (1 oz.)</td>
<td>80</td>
<td>50</td>
<td>63%</td>
<td>180 mg</td>
</tr>
<tr>
<td>Precious Mozzarella low-fat (1 oz.)</td>
<td>55</td>
<td>25</td>
<td>45%</td>
<td>180 mg</td>
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♦ Emphasize reading the nutrition label on spaghetti sauces before purchasing, many have hidden sources of fat. Compare these two spaghetti sauces.

<table>
<thead>
<tr>
<th>Brand</th>
<th>Calories</th>
<th>Calories from fat</th>
<th>% Calories from fat</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classico Tomato Alfredo (1/2 c)</td>
<td>120</td>
<td>60</td>
<td>50%</td>
<td>540 mg</td>
</tr>
<tr>
<td>Del Monte Traditional (1/2 c)</td>
<td>60</td>
<td>5</td>
<td>8%</td>
<td>590 mg</td>
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</table>
Recipe Tips
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- Use extra lean ground beef or use lean ground beef and drain the fat well. Below demonstrates the fat and calories that can be discarded when draining the fat in 1 pound of ground beef.

<table>
<thead>
<tr>
<th>Type of beef</th>
<th>Tbsp of fat drained</th>
<th>Grams of fat drained</th>
<th>Calories saved</th>
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<tbody>
<tr>
<td>Reg (20% fat)*</td>
<td>2.3</td>
<td>31 g</td>
<td>283</td>
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<tr>
<td>Lean (10% fat)*</td>
<td>1.9</td>
<td>26 g</td>
<td>230</td>
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- For a creamier Minestrone Soup, put 1 cup in a blender and then combine it with the remainder of the soup and stir.

- Instead of beef, try lean ground turkey or chicken.

- Instead of mixed vegetables, try a package of frozen broccoli in the Hamburger Skillet.

- For more fiber, use frozen wheat bread dough for Top It Off Casserole and Yum Yum Pizza.

- Instead of mixed vegetables, try frozen bell peppers or well-drained pineapple for a topping on the Yum Yum Pizza.

*Note: 20% fat on a meat label means 20% fat by weight or 20 g of fat for every 100 g of beef. The message for clients: 20% fat beef is actually high in fat. So drain it well.