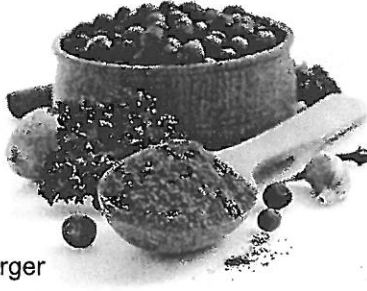


# Recipe



|               |                |
|---------------|----------------|
| Prep Time:    | 20 minutes     |
| Cook Time:    | varies         |
| Serving Size: | 1 cup 4 servs. |

**Nutrients Per Serving:** Calories 231,  
Protein 25 g, Carbohydrate 18 g,  
Dietary Fiber g, Total Fat 6 g,  
Saturated Fat 6 g, Sodium 619 mg

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Beef and Tomato Sauce (Chili and more uses)

### INGREDIENTS

1 lb. lean ground beef or turkey  
1 onion, chopped  
1 green pepper, chopped  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 can undiluted tomato soup  
1 - 15 ounce can tomato sauce

Chili:

1 (15.5 ounce) can kidney beans  
1 and 1/2 Tablespoons chili powder

Beefaroni:

8 ounces uncooked macaroni  
8 ounces shredded mozzarella cheese

Source:

University of Nebraska Extension

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

### DIRECTIONS

1. Brown ground beef, onion, green pepper, salt and pepper until beef is cooked through, and veggies are tender.
2. Drain any fat.
3. Add tomato soup and tomato sauce to beef mixture. Simmer for 5 to 10 minutes.
4. Allow to cool and pour in freezer container(s). Can be kept frozen for up to 3 months for best quality.

Chili:

1. Heat one batch of Beef and Tomato sauce.
2. Add one drained can of kidney beans and 1 and 1/2 Tablespoons of chili powder.
3. Cover, and simmer for about 20 minutes, until heated throughout. Stir occasionally. Add a little water, if needed to thin the broth.
4. Serve. May top with shredded cheese if desired.

\*\*Beefaroni, Sloppy Joes and Coney Island Taters on back page. \*\*



**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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#### Beefaroni:

1. Heat one batch of Beef and Tomato sauce. Add spices as desired (garlic powder, Italian seasonings)
2. Prepare 8 ounces of pasta (macaroni, shells, spaghetti, etc.) according to package directions.
3. Drain pasta. Serve topped with meat sauce or mix pasta together with meat sauce.

#### Sloppy Joes:

1. Heat one batch of Beef and Tomato sauce. Bring to a simmer and allow to simmer for about 20 minutes or until sauce has thickened.
2. If sauce does not thicken, add bread crumbs. If sauce thickens too much, add some water.

#### Coney Island Taters:

1. Heat one batch of Beef and Tomato sauce.
2. Meanwhile pierce 2 large all-purpose potatoes in several places with a fork. Place on paper towel in microwave oven. Microwave on HIGH 10 to 11 minutes or until tender, rearranging potatoes halfway.
3. Cut potatoes lengthwise onto quarters. Cut each quarter crosswise in half. Arrange four piece on each serving plate: top with beef sauce. Sprinkle with some shredded cheese. Top with onions if desired.