

PASTITSIO (BAKED MAC WITH BEEF & CHEESE)

October 17

National Pasta Day



INGREDIENTS

- 5½ Ounces Uncooked Macaroni (enriched or whole grain rich)
- 1 Pound Ground Beef (no more than 20% fat)
- ¼ Cup Chopped Onion
- 15 Ounce Can Tomato Sauce
- ½ Cup Grated Parmesan Cheese
- 1 Cup Grated Mozzarella Cheese
- ⅛ Teaspoon Cinnamon
- 1 Cup Milk
- 3 Tablespoons Butter
- 2 Large Eggs (beaten)

DIRECTIONS

1. Cook macaroni according to package directions.
2. Cook beef and onion in a skillet until lightly brown; drain excess fat.
3. Stir in tomato sauce.
4. Spray a 2-quart baking dish with cooking spray and cover with half the macaroni, then all of the beef mixture.
5. Sprinkle half the cheese and then the remaining macaroni.
6. Cook milk and butter together until butter melts. Beat in the eggs and pour over the pan.
7. Sprinkle with remaining cheese and bake at 325° for 1 hour.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

6½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups