

Easy, Cheesy Pasta

Serves 6-8, Serving Size 1½ cups

Ingredients

- 2 cups meat sauce master mix (page X)
- 2 cans (16 ounces each) chili beans
- 4 cups cooked, drained whole wheat macaroni
(NOTE: prepare pasta noodles slightly undercooked so they do not get mushy after freezing)
- 1 cup grated mozzarella cheese



Directions

1. Mix together chili beans, macaroni and meat sauce master mix (page x).
2. Add half of the grated cheese.
3. Place mixture in freezer bag with date and cooking instructions.
4. Place remaining ½ cup cheese in smaller freezer bag. Tape bag of cheese to pasta mixture.
Freeze.

Note: Recipe may be divided and frozen in individual servings.

To Cook

1. Thaw in refrigerator for 24 hours.
2. Place in sauce pan.
3. Heat over medium heat until bubbling and temperature reaches 165°F.
4. Add 1 Tablespoon water if mixture is dry.
5. Add 1/2 cup cheese over pasta before serving.

Note: Individual recipe servings may be reheated in the microwave to 165°F.

Nutrition Information

350 calories, 28g protein, 45g carbohydrate, 6g fat, 45mg cholesterol, 840mg sodium, 9g fiber

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 7	
Amount Per Serving	
Calories 350	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 840mg	35%
Total Carbohydrate 45g	15%
Dietary Fiber 9g	36%
Sugars 0g	
Protein 28g	56%
*Percent Daily Values are based on a 2,000 calorie diet.	