



SPAGHETTI TACOS

January 4

National Spaghetti Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 6 Ounces Angel Hair Pasta (enriched or whole grain)
- 1½ Cups Spaghetti Sauce
- 6 Taco Shells (enriched or whole grain)
- 2 Tablespoons Parmesan Cheese

DIRECTIONS

1. Cook ground beef in a skillet until it reaches an internal temperature of 160 degrees.
2. In a stockpot, cook angel hair pasta according to package directions.
3. After draining cooked pasta, mix the spaghetti sauce and the pasta together in the stockpot.
4. Spoon 1½ ounces of cooked ground beef into each taco shell and top with ¼ cup of pasta.
5. Sprinkle with Parmesan cheese before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	2 Tacos	2 Tacos