



CHEESY TOMATO MACARONI SOUP

- 1 pkg. (225 g) macaroni and cheese
- 1 can (10 fl oz/284 mL) cream of tomato soup
- 1½ cups milk
- 2 cups frozen mixed vegetables, thawed

- > Cook macaroni and cheese according to package directions; drain. Return to pot; add cheese powder.
- > Add tomato soup, milk and vegetables; mix well and bring to the boil.
- > Reduce heat and simmer until heated through (about 5 minutes).
- > Season with salt and pepper to taste.

Makes 4 servings, 1½ cups each.

CAL 430, FAT 13 g [SAT 8 g], CHOL 40 mg, SODIUM 1000 mg, CARB 66 g, FIBRE 5 g, SUGARS 21 g, PROTEIN 14 g, VIT A 55% DV, VIT C 6% DV, CALCIUM 20% DV, IRON 25% DV

tip: Any mix of frozen (thawed), canned (drained) or fresh cut vegetables will work in this recipe.

tip: Leftovers should be stored in the fridge for up to 3 days and reheated in the microwave or in a pot on the stove over medium heat.

did you know?

- > You can price food items by “unit pricing”. This allows you to compare similar items of different sizes or brands and choose the best buy. The larger “family size” is not always the least costly.

February Recipes

ONE POT SAUCY BEEF & MUSHROOM PASTA

- 1 lb. ground beef
- 1 onion, chopped
- 2 cups water
- 2 cups pasta sauce
- 2 cups short pasta
- 1 can mushrooms, undrained

- > Cook ground beef and onion in a large pot; drain fat.
- > Add water, pasta sauce, pasta and mushrooms with liquid.
- > Bring to a boil; cover, reduce heat to medium and cook 20 minutes, stirring occasionally.
- > Season with salt and pepper to taste.

Makes 4 servings, 2 cups each.

CAL 430, FAT 18g [SAT 7g], CHOL 65mg, SODIUM 810mg, CARB 37g, FIBRE 3g, SUGARS 13g, PROTEIN 28g, VIT A 6% DV, VIT C 6% DV, CALCIUM 6% DV, IRON 30% DV

tip: This pasta tastes even better the next day. Store leftovers for up to 3 days in the fridge.

tip: This pasta freezes well. Portion individual servings into plastic containers or resealable freezer bags.

tip: This pasta can be made to serve two by cutting all the ingredients in half.



FIGHTING HUNGER