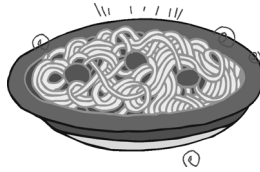


Super Spaghetti Supper

Makes 4–6 large servings

- 1 pound ground beef or turkey, browned
- 3 3/4 cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into 3-4 inch pieces
- 1 tablespoon dried onion
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder

Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet. Add onion and spices; cover skillet and bring to boil. Simmer for 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 165 degrees F.

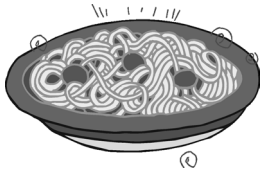


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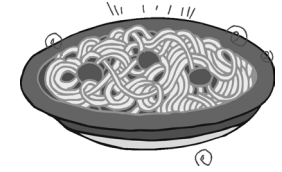


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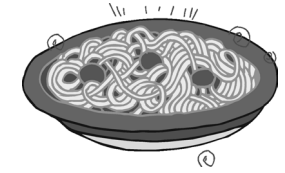


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| Nutrition Facts | |
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| Serving Size (128g) | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 340 | Calories from Fat 140 |
| % Daily Value* | |
| Total Fat 15g | 23% |
| Saturated Fat 6g | 29% |
| Cholesterol 75mg | 25% |
| Sodium 90mg | 4% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 2g | 6% |
| Sugars 4g | |
| Protein 25g | |
| Vitamin A 8% | Vitamin C 10% |
| Calcium 2% | Iron 20% |

*Percent Daily Values are based on a 2,000 calorie diet.

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