

# Beefy pasta pleases

Pasta and beef make a partner—ship that almost no one can resist—certainly not cooks and least of all children, both of whom like the combination for different reasons.

It's easy to turn a moderate amount of beef into four servings, and that's one important reason for cooks to rely on this standby. It's also fairly quick to create a one-dish entree on top of the range with minimal expenditure of energy. Effortless meals that don't overheat the cook or the kitchen are a breeze.

New variations on the macaroni and beef theme are ever wafting in from the kitchen. Here are three that will disappear at any dinner table.

Rotini and Meatballs features spiral-shaped macaroni called rotini. The ground beef is shaped into meatballs and browned with onion, basil and garlic. Canned condensed Cheddar cheese soup, canned tomatoes, kidney beans and cooked rotini are added to the saucepan and simmered for 10 minutes.

Spinach gives Ground Beef Florentine its name and the macaroni in this single-skillet meal is elbow-shaped. Canned condensed tomato soup provides the sauce that has shredded Cheddar cheese and cooked leaf spinach stirred into it.

Beefy Zucchini Mac capitalizes on the convenience of canned chunky soup and the versatility of seasonings to make a tempting dish with an Italian accent in a flash.

The recipes are proof again that pasta and beef are a durable and delicious pair.

- 1 cup zucchini squash cut in thin strips
- 1 small clove garlic, minced
- ¼-teaspoon basil leaves, crushed
- 1 tablespoon cornstarch
- Parsley

In 2-quart saucepan, combine soup, tomatoes, macaroni, squash, garlic, basil and cornstarch. Heat to boiling. Reduce heat to low, stirring occasionally until thickened and zucchini is tender. Garnish with parsley. Makes 5 cups or 5 servings.



Ground beef meatballs, spiral-shaped macaroni and kidney beans are sauced with canned condensed Cheddar cheese soup and tomatoes in a quick dish. Rotini and Meatballs.

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## ROTINI AND MEATBALLS

- ½-pound ground beef
- ¼-teaspoon Italian seasoning
- Generous dash pepper
- ½-cup chopped onion
- ½-teaspoon basil leaves, crushed
- 1 medium clove garlic, minced
- 1 can (11 oz.) condensed Cheddar cheese soup
- 1 can (about 8 oz.) tomatoes, cut up
- 1 can (about 15 oz.) kidney beans, drained
- 3 cups cooked spiral-shaped macaroni

In medium bowl, mix beef, Italian seasoning and pepper; shape mixture into 12 meatballs. In a 2-quart saucepan over medium-high heat, cook meatballs, a few at a time until well-browned on all sides, with basil and garlic.

Stir in remaining ingredients. Reduce heat to low and simmer 10 minutes or until done; stirring occasionally. Makes 5 cups or 4 servings.

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## School Menu

- October 31: Soft shell burrito with salsa, whole kernel corn, pineapple chunks, jack-o-lantern cookie, milk.
- November 1: Cheeseburger, lettuce, tomato, pickle slice, French fries, orange half, milk.
- November 2: Wiener wrap, tater tots, apple wedges, cookie, milk.
- November 3: Country style steak, fluffy rice & gravy, carrot wheels w/ dip, banana half, milk.
- November 4: Turkey pot pie, tossed salad, warm garlic bread, peach slices, milk. Grandparents' Day.