

Macaroni Beef

For a spin on a traditional spaghetti bolognaise, this simple bake has all the flavours of Italy and is a warm and filling choice for the little ones. This dish is adapted from a recipe provided by Turtle Cove early Learning Centre.



Influence: Italy



Serves 10 children



60 minutes

INGREDIENTS

Pasta, macaroni, dry 150g (1 C)

White sauce

Flour, plain 25g (2 T)

Margarine, polyunsaturated 40g (2 T)

Milk, Hilo 250ml (1 C)

Cheese, cheddar, grated 100g ($\frac{3}{4}$ C)

Mince sauce

Beef, mince, low-fat 500g (2 C)

Onion, chopped 40g ($\frac{1}{2}$ medium)

Mixed vegetables, frozen 280g (3 C)

Beef, stock, powder 5g (1 t)

Tomato, diced, canned (no added salt or salt reduced) 400g (1 can)

Tomato paste, no added salt 45g (2 T)

DIRECTIONS

1. Cook macaroni and set aside. Preheat oven to 180°C.
2. Make white sauce by melting margarine in a saucepan. Add flour until combined and stir until roux is formed.
3. Slowly add milk, whisking the mixture continuously until thickens. Add half the cheese. Set aside.
4. In a large pot, brown mince and onion and then add beef stock powder, tomato paste and mixed vegetables. Stir and cook for 5 minutes and then add tin of tomatoes.
5. Add cooked macaroni to beef mixture.
6. Put into casserole dish and cover with white sauce. Sprinkle with remaining cheese.
7. Bake in moderate oven for 15 minutes or until brown.

Allergy Information

Contains: gluten, wheat, cow's milk protein.

Some pasta contains egg; some margarines contain cow's milk protein and soy; some stock powders, cubes and liquids contain gluten, wheat and/or soy; some soups contain gluten, wheat and/or soy and/or egg and/or cow's milk protein.

Childcare RDI Calculator:

Fat	<div></div>	10 %
Vegetables	<div></div>	100 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	60 %
Dairy	<div></div>	90 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services