



CHEESY MACARONI CASSEROLE

MATERIALS:

Large pot
Colander
Mixing spoon
Sharp knife

Large skillet with lid
Measuring spoons
Cutting board
Can opener

INGREDIENTS:

2 cups macaroni
1/2 medium bell pepper
1/2 large onion
3/4 tsp garlic powder
3/4 cup shredded cheese
1 lb ground turkey
1 can diced tomatoes
1/2 tbsp. Italian seasoning
1/2 tsp salt
1/4 tsp black pepper

Serves: 6; 1 1/3 cup per serving

Recipe adapted from *Share Our Strength's Cooking Matters*®

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DIRECTIONS:

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water.
2. While macaroni is cooking, rinse and dice bell pepper. Peel and finely chop onion. Set aside.
3. In a large skillet over medium heat, cook turkey, onion, bell pepper, and garlic powder, crumbling turkey with a mixing spoon until the meat is no longer pink, about 15 minutes. Use a colander to drain off fat.
4. Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt, and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5-7 minutes.

Chef's Notes:

- Why not add more vegetables? Try adding peas, broccoli, spinach, zucchini, or summer squash to this dish. Casseroles are a great way to use up veggies that are past their prime!