

Let's taste it! Plan, Shop, Pack List: Beef and Noodles

Ingredients

- ¾ lb ground beef
- 2 cups uncooked egg noodles or any shaped pasta
- ½ cup *Eating Smart Seasoning Mix*
- 1¼ teaspoons black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- ¾ cup dried, minced onion
- 2 cups dry milk

Disposable Supplies

- Napkins
- Small paper plates (1 per student)
- Plastic forks (1 per student)
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Make the *Eating Smart Seasoning Mix*.
- Print copies of the *Eating Smart Seasoning Mix* and *Beef and Noodles* recipes (1 per student).

Equipment

- Electric skillet
- 1 turner/spatula
- 1 liquid measuring cup
- 1 set of measuring cups
- 1 mixing spoon

Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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Educator: _____
Group Name: _____
of participants in group: _____ Date of lesson: _____
Notes: _____
