



early childhood community development centre

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## Veggie, Beef and Pasta Bake

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### *Ingredients - make 6 servings*

- 1 lb lean ground beef
- 1 cup sliced onions
- 1 cup diced zucchini
- 2 tsp minced garlic
- 1 can 20 oz stewed or diced tomatoes, with juice
- 2 tbsp sodium-reduced soya sauce
- ½ tsp crushed red pepper flakes
- 2 cups rotini (or other spiral pasta)
- 1 ½ cups shredded cheddar cheese

### *Directions*

1. In a large nonstick skillet over medium-high heat, combine ground beef, onions, zucchini and garlic.
2. Cook for 8 to 10 minutes or until beef is no longer pink and vegetables are softened.
3. Drain fat, pour beef mixture into baking dish, set aside.
4. Meanwhile, drain juice from tomatoes into an 8 cup microwave-safe measuring cup, add water to make 2 cups.
5. Roughly chop tomatoes, add to measuring cup.
6. Stir in soya sauce and red pepper flakes.
7. Microwave on high for 5 minutes or until very hot, stir in rotini.
8. Pour tomatoes-pasta mixture into baking dish and combine with meat mixture.
9. Press pasta down to make sure it is submerged in the liquid.
10. Bake in preheated oven, covered for 20 minutes.
11. Remove cover, stir gently and sprinkle with cheese.
12. Bake uncovered for 15 to 20 minutes or until pasta is tender.

Source: Great Food Fast By Bev Callaghan, RD & Lynn Roblin, RD

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