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Macaroni Beef

For a spin on a traditional spaghetti bolognese, 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.

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 (¾ C)
Mince sauce	
Beef, mince, low-fat	500g (2 C)
Onion, chopped	40g (½ 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)

Cooking Time:

60 minutes

Serves:

10 children

Allergen 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.

Food Groups:

Fruit 0%

Method

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.

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vege	100%
Meat/Alt *	100%
Cereals	60%
Dairy	50%
Fat	10%

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

Comments



ruthwa

August 19, 2013 at 2:55 pm

This is a delicious recipe – I tried it with my kids at the weekend and they loved it!

A great warming dish for those cold winter days!



flossie

May 20, 2015 at 6:08 pm

I served this dish to the children yesterday and everyone had a second helping.

This is a winner! Easy to make, and thoroughly enjoyed by all (including myself).



ruthwa

May 21, 2015 at 8:56 am

Great to hear flossie12!

It's one of my favourites too.....

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