



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Beef



Garlic



Carrot



Onion



Mushroom



Cheese

Tomato Mac & Beef (Goulash)

By Jenny & Rosie

Serves 4-6

Ingredients

1 Tbsp (15 mL)
 1 medium
 ¼ lb (113 g)
 2 medium
 2 large
 1 lb (454 g)
 2 tsp (10 mL)
 1 tsp (5 mL)
 1 tsp (5 mL)
 ¼ tsp (1.25 mL)
 1 × (798 mL) can
 ⅛ tsp (1 mL)
 1 tsp (5 mL)
 3 Cups (750 mL)
 ½ lb (227 g)
 ½ Cup (125 mL)

Oil
Onion, diced
Mushrooms, minced or diced
Carrots, minced or diced
Garlic cloves, minced
 Lean **ground beef**
 Paprika
 Oregano
 Sea salt
 Ground black pepper
 Crushed tomatoes
 Baking soda
 Sugar
 Water
 Whole wheat macaroni
Cheddar cheese or 2 Tbsp (30 mL) **Parmesan cheese**

Directions

Note: Wash all produce well.

1. Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.
2. Add garlic, paprika, oregano, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes, baking soda, sugar and water. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes.
3. Add macaroni and cook uncovered, stirring occasionally, until tender, about 15 minutes. Remove from heat and let stand for 5 minutes before serving.
4. Sprinkle with parmesan or cheddar, if desired.



Create Your Plate!

Veg It Up

In Step 4, once the macaroni is tender, add mashed sweet potato or squash for extra colour, fiber and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

- ★ **Mixed greens**
- ★ **Broccoli** - cooked
- ★ **Tomato**
- ★ **Spinach**
- ★ **Kale**
- ★ **Green onion**
- ★ **Sweet peppers**
- ★ **Mushrooms**
- ★ **Olives**
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Squash**
- ★ **Carrots** - raw or cooked
- ★ **Cauliflower**
- ★ **Corn**



Mixed Greens



Broccoli



Tomato



Spinach



Kale



Green Onion



Pepper



Mushroom



Basil



Cheese



Fruit



Squash



Carrot



Cauliflower



Corn