**Beef Casserole with Creamy Cheese Pasta** Block: \_\_\_\_\_\_\_\_\_\_\_

**(1 recipe per unit)** Unit: \_\_\_\_\_\_\_\_\_\_\_\_

Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Day 1: Substitutions**

5 mL vegetable oil \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 clove garlic, minced \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ med onion, chopped \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

225 g ground beef \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

225 mL beef or chicken stock \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

300 mL canned tomato sauce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

150 g pasta shapes (about 375 mL) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15 mL margarine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30 mL flour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

150 mL beef or chicken stock \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

225 mL 2% milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

125 mL grated cheddar cheese \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

25 mL grated Parmesan cheese \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Bring a large pot of water to a boil. Once water has boiled add pasta and cook 5-7 minutes until slightly undercooked. It should feel still quite “chewy” and not too soft. Drain and place in casserole dish.
2. Meanwhile, in a large skillet or electric frying pan, heat oil to a medium heat. Sauté garlic and onions for 3-4 minutes. Add beef and sauté until no longer pink, approximately 4 minutes. Add tomato sauce and 225 mL of the stock. Simmer on **LOW** heat (gently bubbling) for 10 minutes or until thickened, stirring occasionally. Set aside.
3. In medium saucepan (your larger one), melt margarine over medium–low heat. Add flour and cook for one minute. Stir in stock and milk. Bring to a boil slowly. This will take patience on the lower heat but if you increase the heat, you will burn or curdle the milk. Simmer for 2-4 minutes, stirring constantly (but slowly) and scraping the bottom of the pot until the sauce is slightly thickened. Remove from heat and stir in cheeses.
4. Add tomato sauce mixture to pasta. Mix well. Pour cheese sauce over top. Cover, label and refrigerate.

**WRITE YOUR RECIPE SUBSTITUTIONS BESIDE THE INGREDIENT LIST ABOVE.**

**RECIPE MODIFICATION: /10**