

Spaghetti with Meat Sauce

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 onion

Pantry Staples

- Salt
- Pepper
- Garlic powder
- Dried oregano
- Dried basil
- Dried parsley flakes
- 8-ounce jar Parmesan cheese

Canned and dry goods

Vegetables:

- 1 10.5-ounce can cream of chicken soup

Cereal, pasta and grains

- 1 pound spaghetti

Meat and dairy

- 1 pound ground beef, ground turkey, or meatless substitute