

*Perfect recipe
for collective kitchens*

Meat Macaroni



PREPARATION 15 MIN
COOKING 45 MIN
SERVINGS 4

Preparation

- Heat the olive oil in a skillet over high heat. Add the ground beef and brown well.
- When all the meat is coloured, add the basil and oregano, season and let cook slowly for a few minutes. Set aside.
- In the same skillet, brown the onion in a drizzle of olive oil over medium heat. Add the garlic and cook for 1 more minute.
- Add the cooked meat and diced tomatoes, and simmer for 15 minutes.
- In a pot of salted boiling water, cook the macaroni. Drain and mix with the sauce.
- Spread the pasta coated with sauce in a baking dish. Top with mozzarella and Parmesan. Brown under the broiler at 500 °F until the cheese has a nice golden colour.

To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Olive oil	30 ml (2 tbsp.)		
Ground beef	454 g (1 lb)		
Oregano	2 ml (½ tsp.)		
Basil	2 ml (½ tsp.)		
Chopped onion	1		
Garlic cloves, chopped	2		
can diced tomatoes	1		
box of macaroni	1		
Grated mozzarella cheese	500 ml (2 cups)		
Grated Parmesan	60 ml (¼ cup)		
Salt and pepper	to taste		

