



## Game Meat Pasta Fagioli

Makes 6 servings | Grains • Dairy • Protein

### Ingredients

- 2 cups *CNP Meat Sauce*, frozen or thawed (below)
- 1 15-ounce can chili beans (undrained)
- 2-3 teaspoons *CNP Italian* or *CNP Mexican Seasoning* (as desired)
- ½ cup shredded low-fat cheese

### Directions

1. Wash hand with soap and warm water for 20 seconds.
2. Cook macaroni following package directions. Drain.
3. In a large saucepan or electric skillet, combine all ingredients except cheese. Heat through.
4. Add cheese at the end and heat until melted.

## CNP Meat Sauce

Makes 4 cups | Protein • Vegetables

### Ingredients

- 1 pound lean ground meat (beef, turkey, game-elk, deer, antelope, bison)
- ¼ cup onion, chopped
- 1-2 garlic cloves, chopped (½ teaspoon garlic powder)
- 2-ounces tomato paste plus 2 ounces of water, or ½ can of tomato soup
- 1 8-ounce can of tomato sauce
- ¼-½ teaspoon salt

### Directions

1. Wash hands in warm, soapy water.
2. Brown meat in large skillet, saucepan, or electric skillet on medium high heat. Drain fat, if desired.
3. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
4. Place 1-cup portions in freezer-quality, resealable plastic bags. Label and freeze.

### Variations

**Add Vegetables-** Shred 3 medium carrots and add after meat is cooked.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyoocnp.org/wrir/>

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