



## Baked Mac Mexicana Recipe

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Preparation Time	30
Cooking Time	50
Serving Size	8

### Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/4 cup onion, chopped
- 250 g beef, ground
- 2 pouches DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1 cup red kidney beans, canned, drained
- 1/2 cup whole kernel corn, canned
- 1 tsp chili powder
- 1/2 pack DEL MONTE Elbow Macaroni (400g), cooked
- 1 cup melting cheese, coarsely grated

### Preparation:

1. Preheat oven at 350°F.
2. Sauté garlic, onion, and beef. Cook for 5 minutes. Add DEL MONTE Italian Style Spaghetti Sauce, beans, corn, and chili powder. Boil then turn down heat. Simmer over low heat for 5 minutes. Mix half of sauce, and DEL MONTE Elbow Macaroni tossed in half cup of grated cheese.
3. Pour into 12 x 8-inch rectangular pan. Top with remaining meat mixture and cheese. Bake for 15 - 20 minutes.

### Chef's Tip

To use dried red kidney beans, soak the beans overnight then cook in unsalted water for 45 minutes to an hour or until the beans are tender.

### Lusog Notes

This pasta recipe is a good source of protein that is necessary for growth and development. Protein is also needed for the maintenance and repair of body tissues.

### Cooking Skills Needed

- Simmering
- Sautéing

### Cooking Tools

- 12" x 8" Rectangular Pan
- Spatula
- Measuring Cups
- Chopping Board
- Measuring Spoon

