

# Penne With Lentil & Meat Sauce

Serves 4-6

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Recipe card

## Ingredients:

- 1/2 lb. ground beef (lean)
- 1/2 lb. lentils
- 3/4 lb. penne noodles
- 1 jar spaghetti sauce (approx. 24 oz.)
- Salt and pepper to taste

## Instructions:

1. Cook pasta noodles in boiling water according to package. Drain off water when done.
2. Meanwhile, rinse lentils in cold water. Put lentils in pot with water to about 6" above.
3. Bring to a boil. Lower heat and simmer for about 10 minutes. Drain water.
4. While lentils are cooking, brown ground beef in medium sauté pan. Mix lentils and spaghetti sauce together in pot.
5. Serve sauce over cooked noodles.

\*Mixing lentils into this dish decreases your cost, while providing a high fiber and protein choice in a well-liked kids' meal!

