



# Pasta for Lunch

Try some of these quick and easy pasta recipes for lunches. Many of them can be made ahead and refrigerated until you're ready to bake them. See if you can find some different, interesting pasta shapes to surprise the children.

## TOMATO SOUP, PASTA, AND CHEESE

1 pound uncooked pasta  
(try a new shape!)

1 (10 <sup>3</sup>/<sub>4</sub> ounce) can  
condensed tomato soup

1 <sup>1</sup>/<sub>4</sub> cups milk

3 cups shredded cheddar  
cheese

4 tablespoons butter  
or margarine, divided

<sup>1</sup>/<sub>4</sub> cup dry bread crumbs

Preheat oven to 350° F.

Bring a large pot of lightly salted water to a boil. Pour in pasta and cook for 8 to 10 minutes or until almost tender. Drain.

In large bowl, combine cooked pasta, tomato soup, milk, cheese, and 2 tablespoons butter.

Pour into 9x13 inch baking dish. Top with bread crumbs and dot with remaining butter.

Bake for 45 minutes or until golden brown and bubbly.

## CHICKEN AND PASTA

1 <sup>1</sup>/<sub>2</sub> cups uncooked pasta  
(use your favorite shape)

1 (10 <sup>3</sup>/<sub>4</sub> ounce) can con-  
densed cream of mushroom  
soup

<sup>3</sup>/<sub>4</sub> cup milk

<sup>1</sup>/<sub>4</sub> cup grated parmesan  
cheese

<sup>1</sup>/<sub>8</sub> teaspoon ground  
black pepper

2 cups broccoli florets

<sup>1</sup>/<sub>8</sub> teaspoon garlic powder

2 carrots, sliced thin

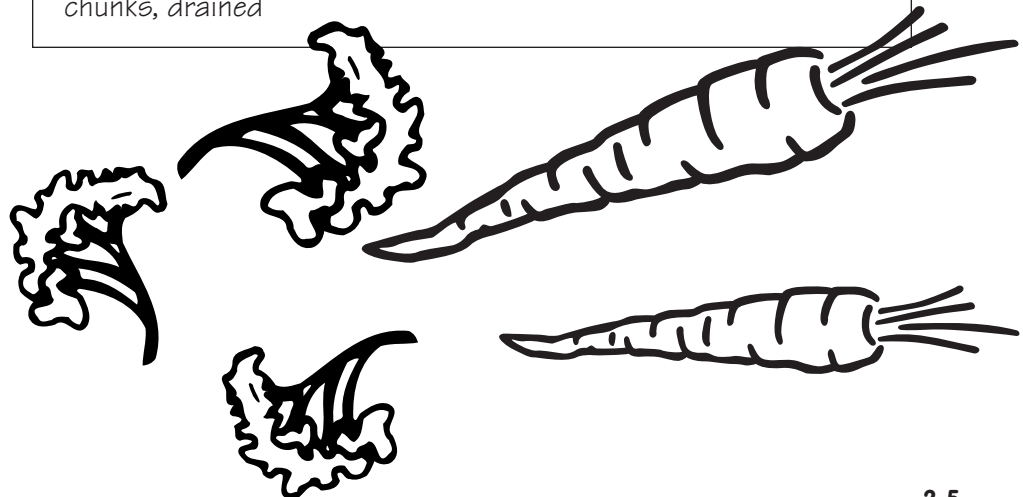
1 <sup>1</sup>/<sub>2</sub> cups chopped,  
cooked chicken or  
2 (5 ounce) cans chicken  
chunks, drained

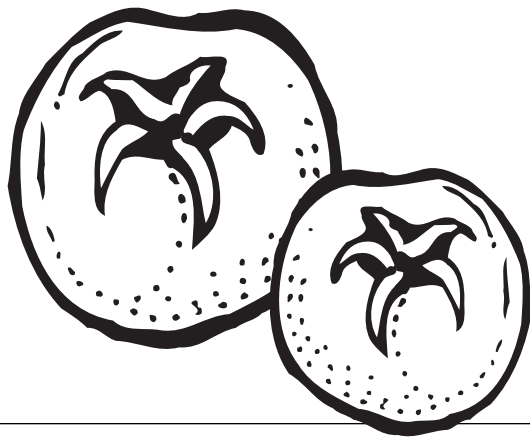
Cook pasta in boiling water until almost tender. Drain.

Prepare the cream sauce. In a medium saucepan mix together cream of mushroom soup, milk, parmesan cheese, pepper, broccoli, garlic powder, and carrots.

Bring to a boil over medium heat. Reduce heat to low and cover. Simmer for 10 minutes, or until vegetables are tender. Stir occasionally.

Stir cooked pasta and chicken into cream sauce, and heat through.





## CORNY SPAGHETTI

- 10 ounces uncooked angel hair pasta
- 2 tablespoons butter
- ½ medium onion, chopped
- 1 teaspoon minced garlic
- 3 zucchini, diced
- 1 pound mushrooms, quartered
- 1 (16 ounce) jar pasta sauce
- 1 (15 ounce) can whole kernel corn, drained
- 1 lb. ground beef (optional)

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until almost tender; drain.

If you want to add ground beef, brown the meat in a skillet and drain.

While pasta is cooking, in large skillet over medium heat, sauté onion in butter for 2 minutes. Stir in garlic and zucchini and cook 3 minutes more. Add mushrooms and cook 5 minutes more, until mushrooms are soft. Pour in pasta sauce, reduce heat to low, and simmer. Add corn and ground beef and bring back to a simmer again to heat through.

Serve sauce over pasta with a dab of butter, or toss together.

## TACO CASSEROLE

- 8 ounces uncooked pasta
- 1 pound ground beef
- ½ cup chopped onion
- 1 (10¾ ounce) can condensed tomato soup
- 1 (14½ ounce) can diced tomatoes
- 1 (1¼ ounce) package taco seasoning mix
- 2 ounces shredded cheddar cheese
- 2 ounces shredded Monterey Jack cheese
- 1 cup crushed tortilla chips
- ½ cup sour cream (optional)
- ¼ cup chopped green onions (optional)

Preheat oven to 350° F.

Cook pasta in a large pot of boiling water until almost tender. Drain.

In a large skillet, cook and stir ground beef and chopped onion over medium heat until brown. Mix in tomato soup, diced tomatoes, and taco seasoning mix. Stir in cooked pasta.

Spoon beef mixture into a 2 quart baking dish. Sprinkle crumbled taco chips and grated cheese on top.

Bake for 30 to 35 minutes, until the cheese is melted.

Serve with chopped green onions and sour cream, if desired.