

# Busy Day Macaroni

**IOWA**  
Student Wellness

## Ingredients

- 1 pound lean ground beef or turkey
- 1 (15 1/2 ounce) jar spaghetti sauce
- 1 cup water
- 1 cup uncooked elbow macaroni
- 1/2 to 1 cup mozzarella cheese



*Makes 4 servings*

## Directions

1. Crumble ground meat into a 2-quart casserole, microwave until browned. Drain any grease.
2. Spray the sides and bottom of casserole with cooking spray. Add spaghetti sauce, water and uncooked macaroni to the beef; mix well.
3. Cover and microwave on high for 13 minutes, stirring once.
4. Remove from microwave and sprinkle cheese on top. Cover and let stand 5 minutes.