

Macaroni Mess

Makes: 24 or 48 servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tbsp		1/4 cup
Onion, chopped		2 cups		4 cups
Garlic, minced		2 cloves		4 cloves
Turkey, cooked, cubed		8.5 cups		17 cups
Water		6 cups		12 cups
1% (low-fat) milk		3 cups		6 cups
Cream of mushroom soup		2 10-3/4 oz cans		4 10-3/4 oz cans
Peas, frozen		2 10 oz packages		4 10 oz packages
Carrots, grated		3 cups		6 cups
Elbow macaroni, dry		4 cups		8 cups
Black pepper		1 tsp		2 tsp
Corn flakes		3 cups		6 cups
Garlic powder		1/2 tsp		1 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	167	
Total Fat	4 g	
Protein	15 g	
Carbohydrates	17 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	312 mg	

Directions

1. Heat oil in large skillet over medium-high heat and saute onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, carrots, and peas. Bring to a boil.
4. Add macaroni and pepper. Stir to combine.
5. Cover pan, reduce heat to low, and cook for 10-15 minutes until pasta is tender, stirring occasionally.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder.
7. Place 3/4 cup serving on plate and top with corn flakes.

Notes

Serving Tips:

This dish has protein-rich turkey as well as vegetables for good nutrition. To make it even healthier, use whole grain macaroni.