



MRE PUZZLE ACTIVITY

Spaghetti and Meatballs



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Directions

1. Print the MRE (Meal, Ready-To-Eat) puzzle on the following page and cut along the black lines to create the individual puzzle pieces. The puzzle will have 20 pieces.
2. Piece together the image of the iconic MRE dish eaten by Marines in the field all around the world.
3. With the help of your family, make the dish using the recipe from the AFRS (Armed Forces Recipe Service) below.



MENU 8
MEATBALLS IN
MARINARA SAUCE
MRE
MEAL, READY-TO-EAT, INDIVIDUAL
RECIPE PUZZLE

Spaghetti and Meatballs

For the Sauce

- 2 ½ 14.5 oz. Canned Diced Tomatoes
- 1 ½ cups Tomato Paste
- 1 ½ cups Water
- 1 cup Chopped Onion
- 2 tbsp. Sugar
- 1 tsp. Salt
- ½ tsp. Garlic Powder
- 1 tsp. Dried Basil
- ½ tsp. Ground Thyme
- ¼ tsp. Pepper
- 1 Bay Leaf

For the Meatballs

- 2 lbs. Ground Beef
- ½ cup Chopped Onion
- 1 cup Breadcrumbs
- 2 Eggs
- 1 tbsp. Salt
- ¼ tsp. Pepper
- ¾ gal. Water
- 1-2 packages Spaghetti

1. Combine tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, red pepper and bay leaves; mix well. Bring to a boil; reduce heat; simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves.
2. Combine beef, onions, bread crumbs, eggs, salt, and pepper; mix lightly but thoroughly. Shape into 300 1-1/3 ounce balls. Place meatballs on pan and bake 10-12 minutes at 350 F.
3. Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender, stirring occasionally. Do not overcook. Drain thoroughly.



4. EACH PORTION: 3 meatballs, 3/4 cup sauce, 1 cup spaghetti.

