DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: TIMOTHY POORMAN					
CATEGORY *Please check one*	☐ Appetizer	☒ Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY	Upshur				
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior		

Name of Recipe: Gluten Free Mac & Cheese		
Prep Time: 15 minutes	**Cook Time:** 25 minutes	**Cost:** $8.20

Type Recipe Here:

Ingrediants:

1/2 a pound of natural ground beef
1/8 a cup of whole, raw ginger
1 box of Gluten Free Mac & Cheese
3 Tablespoons of milk
1/2 a can of diced tomatoes and green chilies

Directions:
1. Put the beef into a pan and cook until throughly browned.
2. Chop up ginger into pieces no bigger than 1/8 of an inch.
3. Boil six cups of water in a medium saucepan.
4. Stir in pasta and cook for 7-9 minutes or until done.
5. Drain the pasta into a colander over a sink.
6. As the pasta is draining, add the milk to the still warm saucepan.
7. Sprinkle the cheese into the milk and stir to combine.
8. Add the drained pasta into the saucepan and stir well.
9. Add the chopped ginger, diced tomatoes and green chilies, and beef to the mix and stir them in.
10. Serve and enjoy!

Makes 6 servings.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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