

Carlisle River Primary School

49 Moomowroong Rd Carlisle River 3239

Ph: 52350261 email: carlisle.river.ps@education.vic.gov.au



Newsletter

Monday 16th October 2023



Thought for the week

If you see someone
without a smile, give
them one of yours.



Dolly Parton

SCHOOL DIARY

updated weekly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
16th	17 th Swimming lessons	18th Whale Bone @ COPACC	19th	20 th Writing classes with Ms Jackie Snr students Mr Douma Deans - Marsh		
23 rd	24 th Swimming lessons Happy Birthday Katie 	25 th LIBRARYVAN	26 th	27 th Writing classes with Ms Jackie Snr students Mr Douma Melbourne	28 th Happy Birthday Mr Douma	
30 th	31 st Swimming lessons School Council meeting 3.40pm	1 st November ARTVAN Mr Douma – Geelong Mrs Melville CRT	2 nd	3 rd Writing classes with Ms Jackie Snr students		
6 th School Photos	7 th Melbourne Cup day Holiday	8 th LIBRARYVAN	9 th	10 th		

AFLW FOOTY TIPPING 2023

Name	Rnd6	Rnd 7
Sarah	34	39
Tilly	28	33
Jesse W	20	22
Katie	23	28
Jesse D	21	26
Mr B	28	34
Mr D	28	33
Mrs M	32	37
Mrs D	26	30



Ground Beef & Pasta Skillet



Cook the Beef and Mushrooms

We start by cooking lean ground beef, finely chopped mushrooms and diced onion in a large skillet in a little bit of oil. Large skillets are perfect for recipes like this, as they have the capacity to cook the ingredients without overcrowding the pan. When using 90% lean ground beef, there is very little fat, which means that you don't need to drain it before moving on to the next step.

Cook the Pasta The tomato sauce, water, Worcestershire, Italian seasoning, salt and garlic powder are added next and are cooked in the flavours of the beef and mushrooms. Then the pasta is added and brought to a boil. Cover the skillet with a lid and reduce the heat. Make sure to use a tight-fitting lid to ensure the moisture and heat stays within the skillet to cook the pasta through. Cook until the pasta is tender and most of the liquid is absorbed.

Finish the Dish We sprinkle the pasta with shredded mozzarella cheese and cover it until the cheese is melted, then garnish with chopped fresh basil to finish the dish. We love this combination of flavours, but feel free to experiment!

Ingredients

- 1 tablespoon extra-virgin olive oil
- 500g 90% lean ground beef
- 225g mushrooms, finely chopped or pulsed in a food processor.
- ½ cup diced onion
- 1 425g can no-salt-added tomato sauce
- 1 cup water
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Italian seasoning
- ¾ teaspoon salt
- ½ teaspoon garlic powder
- 225g whole-wheat rotini or fusilli
- ½ cup mozzarella cheese
- ¼ cup chopped fresh basil for garnish

Directions

1. Heat oil in a large skillet over medium heat. Add beef, mushrooms and onion and cook, stirring, until the beef is no longer pink and the mushroom liquid is mostly evaporated, 8 to 10 minutes.
2. Stir in tomato sauce, water, Worcestershire, Italian seasoning, salt and garlic powder.
3. Add pasta. Bring to a boil.
4. Cover, reduce heat and cook, stirring once or twice, until the pasta is tender and most of the liquid is absorbed, 16 to 18 minutes.
5. Sprinkle the pasta with cheese, cover and cook until the cheese is melted, 2 to 3 minutes more.
6. Garnish with basil, if desired.