



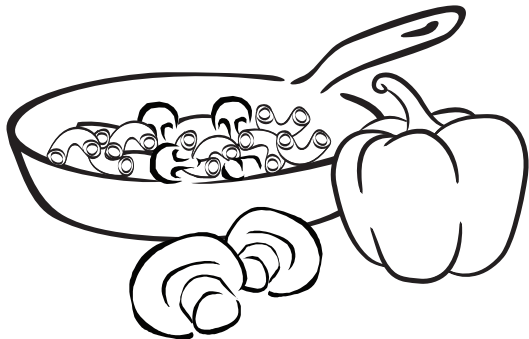
## Quick and Easy Beef Skillet Supper

Servings: 4

½ pound lean ground beef  
1½ cups chunky spaghetti sauce  
1 can mushrooms  
½ cup green pepper  
2 cups uncooked whole-wheat  
or regular macaroni  
Grated cheese (optional)

1. Wash hands and surfaces.
2. In skillet, brown meat and drain fat.
3. Add the rest of the ingredients and bring to a boil. Reduce heat and simmer 10 to 12 minutes or until macaroni is tender. (Add water if needed). Stir occasionally and remove lid for the last 2 to 3 minutes.

4. Top with grated cheese, if desired.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup (259g)

Amount per serving

**Calories** **250**

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 710mg 31%

**Total Carbohydrate** 32g 12%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 4mg 20%

Potassium 736mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Add leftover vegetables to this recipe.
- Choose fresh and frozen vegetables to get less sodium. Check labels at the grocery store to find a low-sodium spaghetti sauce.
- Make mealtime a family time — cook, eat and talk together.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)