

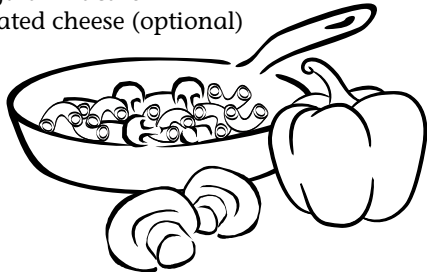


Quick and Easy Beef Skillet Supper

Servings: 4

Ingredients:

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



Directions:

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.

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Nutrition Facts

Amount Per Serving

Calories 290

Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 410mg **17%**

Total Carbohydrate 48g **16%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 20g

Vitamin A 8%

Vitamin C 4%

Calcium 6%

Iron 20%

Tips:

- Use leftover vegetables for 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.

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