

BEEFY SKILLET DINNER

Makes 5 servings

Serving Size: 1 cup

Ingredients

- 1 pound lean or extra lean ground beef
- 1 envelope beef-flavored onion soup mix
- 1 cup water
- 1/4 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- 3/4 cup uncooked elbow macaroni
- 1/2 cup low-fat cheddar cheese, shredded
- salt and pepper to taste

Directions

1. Brown ground beef in a large skillet. Drain. Return meat to skillet.
2. Stir in the soup mix, water, onions, tomato sauce, corn, and macaroni.
3. Bring mixture to a boil. Cover and simmer for 10 minutes. Add salt and pepper to taste.
4. Remove cover and simmer until macaroni is tender; stir occasionally.
5. Top with cheese.

Nutrition information Per Serving

240 calories

Total Fat

6 g

Saturated Fat

2 g

Protein

24 g

Total Carbohydrate 26 g

Dietary Fiber 2 g

Sodium 640 mg



Excellent Source of Vitamin C



Good Source of Iron



Good Source of Vitamin A

Eat Smart

