



# Hamburger Skillet

Servings 8 | Prep time 15 mins. | Total time 45 mins.

**Equipment:** Cutting board, Large pot, Can opener, Paper towels, Bowl or mug

**Utensils:** Knife, Measuring cup, Mixing spoon

## Ingredients

1 pound lean (85%) ground beef  
1 onion, chopped  
2 carrots, chopped  
2 celery stalks, chopped  
2 tablespoons minced garlic OR 1 tablespoon garlic powder  
28 ounces canned no salt added crushed tomatoes with liquid  
2 tablespoons Italian seasoning  
2 cups whole grain elbow macaroni (or other small, whole grain pasta shape), uncooked

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. In a large pot, brown ground beef over medium heat, 5-7 minutes.
3. Drain excess fat into a paper towel-lined bowl or mug, allow to cool, and discard.
4. Add onion and garlic to ground beef and cook until onion is tender, 5-7 minutes.
5. Add remaining ingredients, stir well to combine, increase heat and bring to a simmer.
6. Cover and cook for an additional 20 minutes until macaroni is tender.

## Nutritional Information:

Calories 260  
Total Fat 8g  
Sodium 60mg  
Total Carbs 35g  
Protein 17g