



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