



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 cups and spoons
Mixing spoon

Ingredients

1 pound lean (85% or leaner) ground beef
1 onion, chopped
2 carrots, chopped
2 stalks celery, diced
6 cloves garlic, minced OR 2 tablespoons garlic powder
1 28 ounce can no salt added crushed tomatoes with liquid
2 tablespoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
2 cups uncooked whole grain elbow macaroni
OR other uncooked whole grain pasta

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
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