One-Pot Beefy Mac

From Colorado State Extension

Makes
4 servings

Prep time
10 minutes

Cook time
30 minutes

Good source of
Fiber
Protein

Ingredients for Seasoning Mix:
1¼	tsp.	black pepper
1	Tbsp.	garlic powder
2	Tbsp.	dried parsley flakes
¾	cup	dried minced onion
2	cups	dry milk powder

Ingredients for Beefy Mac:
¾	lb.	lean ground meat
1½	cups	water
1	cup	uncooked pasta
1		(15 oz.) can diced tomatoes
½	cup	Seasoning Mix (see above)
½	cup	shredded cheddar cheese

Salt, to taste

Nutrition Facts

4 servings per container

Serving size	1 Cup (322g)

Amount Per Serving

Calories 360

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 70mg	24%
Sodium 340mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 598mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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One-Pot Beefy Mac

Directions:
1. Brown ground meat over medium heat in a large skillet. Once browned, remove skillet from heat and drain fat.
2. Place skillet back on heat, with meat inside. Add water, pasta, tomatoes, and seasoning mix to the skillet. Stir to combine.
3. Bring to a boil, then reduce heat to low. Cover and simmer for approximately 20 minutes or until pasta is tender.
4. Taste, and add salt if desired.
5. Top with shredded cheese. Cover and let heat until cheese is melted.
6. Serve hot. Refrigerate leftovers.

Change it up: Use whole grain pasta, such as macaroni or penne. Add your favorite chopped vegetables, like bell peppers, onions, and broccoli, in step #3.

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