

Skillet Noodles and Beef

Yield 8 servings
Cooking time 30 minutes
Total time 30 minutes

Ingredients

1/2 pound	lean ground beef
1/2 cup	onion (chopped)
1 can	tomato sauce (15 ounce)
1 1/2 cup	water
1/4 teaspoon	garlic powder
1/4 teaspoon	oregano
1/4 teaspoon	basil
3 cups	noodles, uncooked, 1/2 inch wide
1 package	spinach, frozen, chopped (10 ounce)
1 cup	cottage cheese, non-fat
1/2 cup	cheese, part-skim mozzarella, shredded

Instructions

1. Brown ground beef in a large skillet. Drain and rinse to remove fat.
2. Add onion, tomato sauce, water, and spices. Cover and bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in the microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes.
5. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

Cost

Per recipe: \$6.15
 Per serving: \$0.77

Source

University of New Hampshire, Cooperative Extension

Nutrition Facts	
Serving Size 1 1/2 cups, 1/8 of recipe (224g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 15g	
Vitamin A 90%	• Vitamin C 10%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	