

A Kansas SNAP-Ed *EZ Does it* Recipe

Easy Beef Supper



Servings: 6

Ingredients:

- 1 pound ground beef
- 1 onion (small, chopped)
- 1 bell pepper (chopped)
- 2 cans low-sodium tomatoes (diced, drained, about 30 ounces)
- 1 cup macaroni (uncooked)
- 2½ cups low-sodium tomato juice
- ½ teaspoon chili powder
- 1 teaspoon oregano
- ¼ teaspoon black pepper
- 1 can low-sodium kidney beans (drained)



Directions:

1. In a large pan or Dutch oven, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook for 5 minutes or until bubbly.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes..
5. Remove pan from heat, stir, and serve hot.

Nutrition Facts: Each serving provides 360 Calories, 16g Total Fat, 6g Saturated Fat, 170mg Sodium, 33g Total Carbohydrate, 6g Dietary Fiber, 21g Protein

