

# Cheeseburger Pasta



*This homemade version of the classic boxed dinner get a nutritious upgrade with added vegetables and whole grain noodles!*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

- 1 each Onion, yellow, rough chopped
- 8 oz Mushrooms, rough chopped (about 3 cups)
- 1 each Zucchini, medium, rough chopped
- 1 Tbsp Olive Oil
- 8 oz. Ground Beef (90/10)
- 2 Tbsp Tomato Paste
- 2 tsp Garlic Powder
- 1 tsp Kosher Salt
- 1 tsp Paprika
- 1 cup Whole Wheat Elbow Macaroni, dry (5 oz)
- 1 cup Vegetable or Chicken Stock, homemade or no salt added
- 1 cup Milk, low-fat (1%)
- 1/3 cup Cheddar Cheese, grated (1.5 oz)
- 2 Tbsp Greek Yogurt, plain, nonfat

## CHEF'S NOTES

This recipe uses a food processor to turn vegetables into smaller pieces helping them blend right in with the meat. By reducing the amount of ground beef used, bulking the dish up with added vegetables, and using a moderate amount of low-fat dairy, we have reduced the calories, saturated fat, and sodium while increasing fiber. Serving this dish with a salad makes this a well-rounded dinner the whole family will love!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Cut the onion, mushrooms, and zucchini into large chunks before adding them to a food processor and pulsing the vegetables about 3-4 times so the vegetables are chopped to the size of ground beef crumbles.
3. Heat a large saucepot over medium-high heat and add the oil once the pan is hot. Add the vegetables and cook for about 10 minutes. The vegetables will release a lot of moisture and it's important to cook them until most of the liquid has evaporated.
4. Add the ground beef and cook until no longer pink, about 2-4 minutes. Use a wooden spoon to break up the beef into small pieces as it cooks.
5. Add the tomato paste and seasonings, stirring to combine well and allowing the tomato paste to darken and the spices to toast, about 1 minute.

6. Add the stock, macaroni, and milk and stir to combine, making sure that the noodles are fully submerged in the liquid. Cover and reduce the heat to low, simmering for about 8 minutes, stirring occasionally so that the mixture doesn't burn and stick to the bottom.
7. Uncover and test the macaroni for doneness. If needed, continue to simmer, uncovered, until the pasta is tender.
8. Once pasta is cooked, remove from the heat and stir in the cheese and Greek Yogurt. Enjoy!

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1 cup (302g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0.7mcg	4%
Calcium 170mg	15%
Iron 2.6mg	15%
Potassium 780mg	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.	

CONTAINS: MILK, WHEAT

