

# 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 2 cups)
1 medium	Zucchini, rough chopped
1 Tbsp	Canola Oil
½ lb.	Ground Beef (90/10)
2 Tbsp	Tomato Paste
1 tsp	Kosher Salt
1 tsp	Paprika
2 tsp	Garlic Powder
1 cup	Whole Wheat Elbow Macaroni, dry
1 cup	Chicken or Vegetable Stock, homemade or no salt added/low sodium
1 cup	Milk, low-fat (1%)
1/3 cup	Cheddar Cheese, shredded
2 Tbsp	Greek Yogurt, plain, nonfat

## CHEF'S NOTES

This recipe uses a food processor to turn vegetables into a fine texture similar to the ground beef crumbles, which means they 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.
2. After roughly chopping the onions, mushrooms, and zucchini, place them in a food processor. Pulse the vegetables until they resemble the size of ground beef crumbles.
3. Heat a large sauté pan or skillet 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.
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 simmer for 8 minutes, stirring occasionally.

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 (296 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value *</b>	
<b>Total Fat 11g</b>	<b>14%</b>
Saturated Fat 4g	<b>19%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 500mg</b>	<b>22%</b>
<b>Total Carbohydrate 27g</b>	<b>10%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 18g</b>	<b>36%</b>
Vitamin D 0.7mcg	4%
Calcium 150mg	12%
Iron 2mg	10%
Potassium 700mg	14%
<small>*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.</small>	

Recipe adapted from Health meets Food:

<https://culinarymedicine.org/moodle/upload/Moodle/Recipes%20Dinner/CheeseburgerPasta.pdf>

