

Cheeseburger Pasta

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

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	45 MIN

INGREDIENTS

1 each	Onion, yellow, rough chopped (about 2 cups)
8 oz	Mushrooms, rough chopped (about 3 cups)
1 medium	Zucchini, rough chopped (about 2 cups)
1 Tbsp	Olive 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 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 crumbs.
3. Heat a large saucepan 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!

Nutrition Facts	
5 servings per container	
Serving Size	1 cup (296 g)
Amount per serving	
Calories	280
	% Daily Value *
Total Fat 11g	14%
Saturated Fat 4g	19%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	13%
Sodium 500mg	22%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0.7mcg	4%
Calcium 150mg	12%
Iron 2mg	10%
Potassium 700mg	14%
*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.	

Recipe adapted from *Health meets Food*, Cheeseburger Pasta (10/2/18)

