Beef & Noodles

Makes: 4 (1 cup) servings
Preparation Time: 10 minutes
Cooking Time: 15-20 minutes

Be Creative!
Add chopped cooked vegetables such as onion, carrots, peas, or corn.

Ingredients

¾ lb ground beef
1 ½ - 2 cups water
2 cups uncooked egg noodles or any shaped pasta
½ cup *Eating Smart Seasoning Mix*

Directions

1. Brown 3/4 pound ground beef in a large skillet, drain the fat.
2. Add water, egg noodles or pasta, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15–20 minutes or until noodles are tender.
4. Taste; then add a small amount of salt if needed.
5. Refrigerate leftovers.

Nutrition Facts
Serving Size 1 cup (236g)
Servings Per Container 4

Amount Per Serving	
Calories 460	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 6g	**30%**
Trans Fat 1g	
Cholesterol 75mg	**25%**
Sodium 125mg	**5%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 33g	

Eat Smart: Make a Change – reduce the fat!

USDA United States Department of Agriculture National Institute of Food and Agriculture

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