

## Beef, Tomato, and Noodle Dinner

### Ingredients:

3/4 pound ground beef,  
 extra lean  
 4 stalks celery, chopped  
 2 medium onions, chopped  
 2 green peppers, chopped  
 48 ounces low sodium diced  
 tomatoes (2 large cans)  
 8 ounces spaghetti, broken in  
 fourths  
 4 ounces cheddar cheese,  
 low-fat, shredded

### Equipment:

Cutting board  
 Knife  
 Non stick skillet  
 Spatula  
 Cheese Grater

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 1 hour & 15  
 minutes

### Directions

1. Cook meat in non stick skillet until brown, remove when done and drain on paper towels.
2. In same skillet, cook celery, onion and green pepper until translucent, about three minutes
3. Add tomatoes and beef. Bring mixture to a boil, lower heat and simmer in one hour.
4. After sauce has been cooking for 45 minutes, prepare spaghetti noodles according to directions. Drain.
5. Mix with noodles and cheese in a casserole dish, let stand for 5 minutes before serving.

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### Nutrition Facts

Serving Size: 2 cups	
Servings: 6	
Amount Per Serving	
Calories 378	Calories from Fat 108
%Daily Value*	
Total Fat 12g	19%
Saturated Fat 5g	24%
Cholesterol 43mg	14%
Sodium 204mg	8%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Protein 23g	46%
Vitamin A 34%	Vitamin C 120%
Iron 24%	Calcium 18%

\*Percent Daily Values are based on a 2,000 calorie diet.

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