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

**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.

**Nutrition Facts**

<table>
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<th>Serving Size: 2 cups</th>
<th>Servings: 6</th>
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| Calories: 378 | Calories from Fat: 108%
| Total Fat: 12g | %Daily Value* |
| Saturated Fat: 5g | 19% |
| 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

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

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