

Tomato Beef and Noodle Dinner

Ingredients:

8 ounces whole wheat spaghetti
 3/4 pound ground beef, extra lean
 2 onions
 4 stalks celery
 2 each green peppers
 48 ounces low sodium tomatoes,
 canned
 1/2 cup cheddar cheese, low fat

Equipment:

Non stick skillet
 Cutting board
 Knife
 Can opener
 Grater
 Large saucepan

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 1 hour and
 20 minutes

Directions

1. Prepare noodles according to package directions. When done, drain and place in large bowl.
2. Heat skillet to medium and cook beef until brown, remove when done and drain on paper towels.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Set aside.
4. Wash and cut off both ends of celery. Cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Set aside.
5. Wash a green pepper and hold it by the top. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. Take the sides and slice into strips, then dice the slices.
6. After beef has been taken out of skillet, add onion, celery and green pepper and cook until translucent, about three minutes
7. While vegetables are cooking, open tomatoes. When vegetables are done, add tomatoes and beef to skillet. Bring mixture to a boil, lower heat and simmer for one hour.
8. When mixture is done, pour over top of noodles and sprinkle with cheese, let stand for 5 minutes before serving.

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Nutrition Facts	
Serving Size: 2 cups	
Servings: 6	
Amount Per Serving	
Calories 361	Calories from Fat 99
%Daily Value*	
Total Fat 11g	18%
Saturated Fat 4g	22%
Cholesterol 41mg	14%
Sodium 146mg	6%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Protein 21g	42%
Vitamin A 33%	Vitamin C 120%
Iron 23%	Calcium 14%
*Percent Daily Values are based on a 2,000 calorie diet.	

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