



Easy Skillet

Ingredients:

- ¾ pound lean ground beef or ground turkey
- 1 cup onion, chopped 1 cup green pepper, chopped
- ½ cup uncooked elbow macaroni
- 1 14-ounce can no-salt diced tomatoes
- ½ teaspoon salt, if desired
- 1 teaspoon chili powder
- ½ cup water

Directions:

1. In a frying pan, brown meat and drain off fat.
2. Add onion and green pepper; cook until tender.
3. Once meat is cooked, stir in the macaroni and other ingredients. Cover and simmer until macaroni is tender.

Yields about 6 servings

Nutrition Facts			
Serving Size: ½ cup			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	117	Calories from Fat	29
% Daily Value *			
Total Fat	3g		5%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	14mg		5%
Sodium	64mg		3%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		7%
Sugars	4g		
Protein	7g		
Vitamin A	5%	Vitamin C	34%
Calcium	3%	Iron	9%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
25% calories from fat			
Analysis based on a recipe with no salt added.			

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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