WHAT'S COOKING IN THE MARKET?
Easy Beef Supper

Servings: 6

Ingredients

1 pound ground beef
1 small onion, chopped
1 bell pepper, chopped
2 cans low-sodium diced tomatoes, drained (about 30 ounces)
1 cup macaroni, uncooked
2 1/2 cups low-sodium tomato juice
1/4 teaspoon black pepper
1/2 teaspoon chili powder
1 teaspoon oregano (optional)
1 can low-sodium kidney beans, drained

Directions

1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes.
5. Remove pan from heat, stir, and serve hot.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	9g	14%
Saturated Fat	3.5g	18%
Trans Fat		
Cholesterol		
Sodium	240mg	10%
Carbohydrates	45g	15%
Dietary Fiber	10g	40%
Sugars		
Protein	24g	

MYPLATE FOOD GROUPS

- [x] Grains
- [ ] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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