



Cornell University
Cooperative Extension
New York City



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 can diced tomatoes, no-salt, 14-ounce
- 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 (1 cup each)

Nutrition Facts

servings per container
Serving size 1 cup (204g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 440mg 19%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 2mg 10%

Potassium 443mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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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