

Ground Beef and Pasta Skillet

Yield: 4 servings
Serving size: 1 ¼ cups

Ingredients

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| 1 tablespoon | Canola oil |
| 1 lb | Ground beef, 90%-lean |
| 8 oz | Mushrooms, white or brown, finely chopped |
| ½ cup | Yellow onion, diced |
| 1 can | Whole tomatoes, no salt added, 15 oz |
| 1 cup | Water |
| 1 teaspoon | Italian seasoning |
| ¾ teaspoon | Kosher salt |
| ½ teaspoon | Garlic powder |
| 8 oz | Rotini (or fusilli), whole wheat |
| ½ cup | Cheddar cheese, extra sharp |
| ¼ cup | Fresh basil, ribbon-cut |

Equipment

- Large Pan, High-Sided
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Chef's Knife
- Cutting Board
- Wooden Spoon
- Gloves (for handling beef)



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Ground Beef and Pasta Skillet, cont.

Method

1. Heat oil in a large skillet over medium heat.
2. Add beef, mushrooms, and onion and cook, stirring, until the beef is no longer pink and the mushroom liquid has mostly evaporated, 8 to 10 minutes.
3. Stir in whole tomatoes, water, Italian seasoning, salt and garlic powder. Crush the tomatoes with the back of the wooden spoon.
4. Add pasta.
5. Bring to a boil. Cover, reduce heat and cook, stirring once or twice, until the pasta is tender and most of the liquid is absorbed, 16 to 18 minutes.
6. Sprinkle the pasta with cheese, cover and cook until the cheese is melted, 2 to 3 minutes more. Garnish with basil, if desired.

Helpful Tips

- Cook meat and vegetables without pasta and added water. Store mixture separately in the refrigerator for up to 3-4 days and add freshly cooked pasta as needed.
- Substitute 1 fresh garlic clove for each $\frac{1}{4}$ teaspoon of garlic powder.

Garlic and Herb Butter Broccoli

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

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| 2 tablespoon | Butter (unsalted) or canola oil |
| 1 tablespoon | Water |
| 1 each | Broccoli head, cut into equal size florets |
| 1 teaspoon | Garlic powder |
| 1 teaspoon | Italian seasoning |
| ½ teaspoon | Kosher salt |
| ¼ teaspoon | Black pepper, ground |

Equipment

- Microwavable safe bowl
- Lid or paper towel
- Chef knife
- Cutting board
- Measuring spoons
- Wooden spoon or rubber spatula



Scan this QR code to watch a
video on microwaving vegetables

Garlic and Herb Butter Broccoli, cont.

Method

1. Place oil (butter), water, and vegetables in a microwavable safe bowl
2. Add garlic, Italian seasoning, salt and pepper
3. Cover loosely with lid or a damp paper towel
4. Cook on high in the microwave for 3 minutes, check for desired doneness
5. Continue cooking in 1-minute intervals until vegetables reached desired texture
6. Stir well before serving to evenly coat vegetables with seasoning

Helpful Tips

- Cook for 3-4 minute for crunchy vegetables and cook 5-6 minutes softer vegetables
- Substitute 1 fresh garlic clove for each $\frac{1}{4}$ teaspoon of garlic powder
- Omit salt if using salted butter or salted ranch seasoning

