



## Beef & Noodles

Makes: 4 (1 cup) servings  
Preparation Time: 10 minutes  
Cooking Time: 15-20 minutes

### Ingredients

¾ lb ground beef  
1 ½ - 2 cups water  
2 cups uncooked egg noodles or any pasta  
½ cup *Eating Smart Seasoning Mix*  
Salt to taste

### Directions

1. Brown ground beef in a large skillet. Drain.
2. Add water, egg noodles or pasta, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15–20 minutes or until noodles are tender.
4. Add salt to taste.
5. Refrigerate leftovers.

#### *Be Creative!*

Add chopped cooked vegetables like onion, carrots, peas, or corn.

### Nutrition Facts

Serving Size 1 cup (236g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 460	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 1g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 33g	

*Eat Smart: Make a change – reduce the fat!*



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