



Beef & Potatoes

Makes: 7 (1 cup) servings
Preparation Time: 15 minutes
Cooking Time: 25-35 minutes

Ingredients

¾ lb ground beef
1 cup water
5-6 peeled, thinly sliced medium potatoes
½ cup plus 1 tablespoon of *Eating Smart Seasoning Mix*
Salt to taste

Directions

1. Brown beef in a large skillet. Drain.
2. Add water, potatoes, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 20–30 minutes or until potatoes are tender.
4. Uncover and cook until excess water is evaporated.
5. Salt to taste.
6. Refrigerate leftovers.

Be Creative!
Add chopped cooked vegetables like onions, carrots, peas and corn.

Eat Smart: Make a Change – reduce the fat!



Nutrition Facts	
Serving Size 1 cup (168g)	
Servings Per Container 7	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 16g	

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