



Cheeseburger Pasta

A one pot meal that will soon become a mealtime favorite!

<u>U.S.</u>		<u>Metric</u>
1 each	Onion, medium, rough chopped	1 each
2 cups	Mushrooms, rough chopped	110g
1 small	Zucchini, rough chopped	1 small
3/4 lb	Ground Beef, lean 90/10	340g
1 Tbsp	Canola Oil	15mL
2 Tbsp	Tomato Paste	32g
1 tsp	Salt	3g
To Taste	Black Pepper, ground	To Taste
1 tsp	Paprika	1g
2 tsp	Garlic Powder	1.25g
1 cup	Whole Wheat Elbow Pasta	40g
1 cup	Vegetable Stock or Water	240mL
1 cup	Milk, 2%	240mL
1/3 cup	Cheddar Cheese, shredded	35g
2 Tbsp	Sour Cream	12g

Preparation:

1. Gather all ingredients and equipment.
2. Rough chop the onions, mushrooms, and zucchini. Pulse the vegetables in a food processor until they resemble the size of ground beef.
3. Heat a medium sized pot over medium high heat and add the oil. Once oil is hot, add the vegetables. The vegetables will release a lot of moisture, cook until most of the liquid from the vegetables evaporates (about 10 minutes).
4. Once vegetables are cooked, add the ground beef. Cook until pink is no longer visible.
5. Once beef is cooked, add the tomato paste, seasonings, pasta, stock, and milk. Make sure all pasta is submerged in liquid. Cover and let simmer for 8 minutes, stirring occasionally. Uncover, and continue to simmer until pasta is done cooking, about 2-4 more minutes.
6. Once pasta is cooked, stir in the cheese and sour cream. Take off heat and serve.

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 cup**

Amount per serving

Calories **350**

Calories from Fat 150

Total Fat 16 g

 Saturated Fat 7 g

 Trans Fat 0 g

 Monounsaturated Fat 2.5 g

Cholesterol 65 mg

Sodium 580 mg

Total Carbohydrate 26 g

 Dietary Fiber 4 g

 Total Sugars 7 g

 Includes 0g Added Sugars

Protein 27 g

Vitamin D 2 %

Calcium 8 %

Iron 4 %

Potassium 665 mg

Phosphorus 150 mg
