

CHEESY HAMBURGER SKILLET

Add more veggies to this dish to add flavor and color. Try frozen peas, spinach, broccoli, or zucchini.

Ingredients

2 cups whole wheat pasta (small shape like elbow)

1 small bell pepper (any color)

1 small white onion

3 cloves garlic

1 tablespoon vegetable oil

1/3 cup cheddar cheese, shredded

1 pound lean ground beef (90%) or turkey

½ cup condensed tomato soup

1 cup water

1 teaspoon dried Italian seasoning (no salt added)

¼ teaspoon ground black pepper

Salt to taste

Directions

1. Cook pasta according to package directions. In a colander, drain pasta and rinse with cool water. Set aside.
2. While pasta cooks, rinse and dice bell pepper, discarding the seeds. Peel and finely chop onion. Peel and mince garlic.
3. In a large skillet over medium heat, heat oil over medium heat. Add beef or turkey, bell pepper, onion, and garlic. Cook, crumbling the meat with a mixing spoon, until meat is no longer pink, and it starts to sizzle. Add the condensed soup with water, the Italian seasoning, pepper and cook another 10 minutes until some of the liquid is absorbed.
4. Stir in the pasta and mix well. Sprinkle with the cheese and heat until cheese is melted.