LIFECARE ALLIANCE: DIETITIAN DEMO SERIES

Cheeseburger Macaroni



PREP:	COOK:	SERVINGS:
10 MIN	25 MIN	6

Upgrade an easy boxed dinner meal with added protein and fiber from Greek yogurt and veggies. Feel free to substitute beef for ground turkey and use whatever veggies you have at home- even frozen. You can even swap out the pasta noodles for whole grain pasta for more fiber. Each serving has 360 calories and 30g of protein!

Ingredients:

- 1 lb 93/7 lean ground beef
- 10.6 oz value size box Hamburger Helper cheeseburger macaroni
- 3 cups fat-free milk
- 2 cups fresh spinach, chopped
- 1 cup water
- ⅔ cups fat-free Greek yogurt
- 3 large carrots, finely shredded
- ½ small yellow onion chopped
- 1 TBSP garlic powder
- 1 tsp italian seasoning
- salt & pepper to taste

Directions:

1. Heat a large skillet over medium-high heat. Add ground beef to skillet and break into smaller chunks. Immediately add in carrots and onions. Mix and continue to cook until beef is no longer pink and is broken into small pieces.
2. Once Beef is fully cooked, add in garlic powder, Italian seasoning, and spinach. Cook for 1-2 minutes or until spinach cooks down.
3. Add water, milk, hamburger helper sauce mix and pasta. Mix and bring to a boil.
4. Once boiling, reduce heat to a simmer and let cook for 8 minutes. Stir occasionally until pasta is cooked through.
5. Add in Greek yogurt and mix. Remove skillet from heat.
6. Add salt and pepper to taste.

Recipe Credit: Hamburger Helper Cheeseburger Macaroni by Zach Coen RDN

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