

Italian Skillet

Prep time: 10 minutes | **Cook time:** 30 minutes | **Number of servings:** 4

- ½ pound lean ground meat
- 2 cups chopped vegetables
(any mix of onion, celery,
bell pepper, and carrots)
- 2 cloves of garlic, minced
- 2½ cups hot water
- ½ pound dry spaghetti noodles
- 1 (8-ounce) can tomato sauce
- 2 teaspoons Italian herb mix
- ¼ teaspoon crushed
red pepper flakes
- 1 (15-ounce) can tomatoes, diced

Directions

1. Heat a large skillet or saucepan over medium-high heat. Add the meat and cook until browned.
2. Add all vegetables except for canned tomatoes and cook about 5 minutes. Drain any fat.
3. Add the water, pasta, tomato sauce, and seasonings. Bring to a boil. Reduce heat to medium low. Cover pan and cook 10 minutes, stirring occasionally.
4. Add canned tomatoes. Cover and continue to cook for 10 to 15 minutes until pasta is tender, stirring occasionally. If mixture looks dry, add water. Serve immediately.



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Nutrition Facts (Serving size 1½ cups): Calories-340; Protein-20g; Carbohydrate-54g; Total Fat-3.5g; Saturated Fat-1g; Cholesterol-30mg; Fiber-4g; Sodium-550mg; Vitamin C-70%; Vitamin A-70%; Iron-15%; Calcium-4%

Adapted from Skillet Meals: Quick & Easy One-dish Meals, Washington State University Extension (EM4712)



Food \$ense Tip
• Try to choose lean ground meats to lower the amount of fat you eat.



1 cup tomato sauce	1 cup tomato puree or 1 cup stewed tomatoes, pureed, or 1/2 cup tomato paste + 1/2 cup water
1/2 pound spaghetti	2 cups dry elbow macaroni or 3 cups shaped pasta (bowtie, shells, rotini)

Skillet Meal Ingredient Substitutions

For this ingredient: Substitute:

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