

Cheesy Beef Pasta

6 servings

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. Eat a variety of foods from the Protein Group each week.

- ½ pound lean ground beef*
- 1 small onion, scrubbed with clean vegetable brush under running water, diced
- 2 cloves garlic, scrubbed with clean vegetable brush under running water, minced
- 1 small zucchini, scrubbed with clean vegetable brush under running water, chopped
- 1 (24 ounce) jar or can tomato-based pasta sauce
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes (optional)
- 12 ounces whole wheat rotini pasta
- ½ cup (2 ounces) shredded Cheddar cheese
- 1 ½ cups (6 ounces) shredded Mozzarella cheese



1. Wash hands with soap and water.
2. In a large skillet, cook the beef, onion, and garlic over medium-high heat until meat is browned and reaches an internal temperature of 160 °F on food thermometer. Drain fat.
3. Add the zucchini, pasta sauce, basil, oregano, and red pepper flakes, if desired. Bring to a simmer and cook on medium-low for 15 minutes.
4. While the beef mixture is simmering, cook the pasta in boiling water according to package directions. Drain.
5. Add cooked pasta to the sauce in the skillet. Stir in the cheese and cover until the cheese is melted.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

*If desired, use another meat such as ground turkey or chicken or make without the meat.

Nutrition Information per Serving (1/6 of recipe): Calories 340, Total Fat 11g, Saturated Fat 5g, Protein 20g, Total Carbohydrate 43g, Dietary Fiber 4g, Total Sugars 9g, Added Sugars 0g, Sodium 520mg.

Recipe Source: Adapted from Foodhero.org