



Southwest Skillet Meal

Preparation time: 5 minutes

Cooking time: 10-12 minutes

Number of servings: 6

Ingredients

- 1-pound lean ground turkey or ground beef (at least 90% lean)
- 1 15-ounce can tomato sauce
- 1 green pepper
- 1 red or yellow pepper
- 1 1.5-ounce package taco seasoning
- 1 ½ cups elbow macaroni (try whole grain macaroni)
- ½ cup shredded cheddar cheese
- 1 ½ cups water



Supplies

- 1 electric skillet (or a large skillet)
- 1 cutting board
- 1 large knife to chop the peppers
- 1 can opener
- 1 cup and ½ cup measuring cups
- 1 strainer
- 1 wooden spoon
- 1 spatula



Instructions

1. Gather your ingredients and supplies.
2. Wash your hands with soap and warm water for 20 seconds.
3. Dry hands with a paper towel or clean towel.
4. Wash the peppers.
5. Clean out the inside (seeds) of the peppers.
6. Chop the peppers into small pieces.
7. Open the tomato sauce.
8. Heat the electric skillet (or skillet) to medium for 1 minute.
9. Cook the turkey or beef for 5 minutes, stirring frequently, until done.
10. Rinse the meat if needed.
11. Stir in tomato sauce, peppers, taco seasoning, and water.
12. Mix well.
13. Increase heat to high and bring to a boil, stirring frequently.
14. Stir in the macaroni and cover.
15. Turn heat to low and cook for 10-12 minutes, stirring every 2-3 minutes.
16. Divide into 6 servings.
17. Sprinkle with cheese and enjoy.

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	291.6	
% Daily Value*		
Total Fat	12.4 g	16 %
Saturated Fat	4.3 g	22 %
Trans Fat	0.1 g	
Cholesterol	88.7 mg	30 %
Sodium	948.4 mg	41 %
Total Carbohydrate	21.2 g	8 %
Dietary Fiber	3.8 g	13 %
Total Sugars	6.3 g	
Added Sugars	0.3 g	1 %
Protein	26.2 g	
Vitamin D	0.2 mcg	1 %
Calcium	142.6 mg	11 %
Iron	3.3 mg	18 %
Potassium	695.9 mg	15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com </>