

Healthy Hamburger Helper

Ingredients:

- 2 tbsp. olive oil
- 1/2 cup finely diced yellow onion
- 1 lb. Lean ground beef
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. garlic powder
- 1 tsp. paprika
- 2 tbsp. tomato paste
- 12 oz. Whole wheat dried elbow pasta or shells
- 2 cups beef broth
- 2 cups skim milk
- 1 cup low fat shredded cheddar cheese
- 1/4 cup freshly chopped parsley for garnish

Directions

1. Heat a deep skillet or pot over medium-high heat. Add olive oil, onions, and ground beef. Season with the salt, pepper, garlic powder, and paprika. Saute, breaking up the ground beef with the back of a spoon, until the beef is cooked through, no longer pink, about 5-7 minutes. Drain off excess fat if necessary
2. Add in the tomato paste and stir to combine.
3. Add the pasta, the beef broth and the milk and Stir to combine. Bring contents in the pot to a boil and once boiling, reduce the heat to a very subtle simmer and let cook until pasta is tender, stirring very often, until most of the liquid has absorbed and the pasta is al dente, 12 to 15 minutes.
4. Remove from heat and fold in the cheese. Garnish with parsley, if using.
5. Serve and enjoy!

MADE WITH LOVE

by Teresa Forchard