



Homemade Hamburger Helper

Yield: 6 servings

Source: www.thereciperebel.com

Ingredients:

- 1 pound lean ground turkey (93% or higher)
- 1 tablespoon onion powder
- ¼ teaspoon red pepper flakes
- 2 teaspoon minced garlic
- 1 tablespoon Italian seasoning
- 1 cup fresh or frozen chopped spinach
- 1 ½ cup skim milk
- 1 ½ cup reduced sodium beef broth
- 2 cups dry, uncooked whole wheat pasta
- 1 (14oz) can diced tomatoes
- 1 cup part skim shredded cheddar cheese, divided

Directions:

1. In a large pot add ground beef and cook until browned. Drain and rinse with warm water and return to pan. Add onion powder, red pepper flakes, minced garlic, Italian seasoning and spinach, milk, broth, macaroni and diced tomato. Bring to a boil. Reduce heat to medium and cook for 12 – 15 minutes, stirring often to prevent sticking.
2. Stir in 1 cup cheese. Sprinkle remaining cheese on top, cover and let sit until cheese has melted.

Nutrition information:

Serving size: 1 cup

Calories: 295

Fat: 4g

Sodium: 616mg

Carbohydrates: 35g

Sugar: 8g

Fiber: 4g

Protein: 30g