

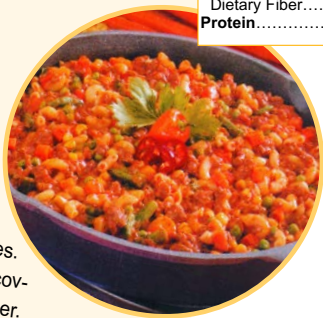
Blue is Better Recipe (Serves 6-8) Hamburger Macaroni Skillet

Ingredients

- 1 1/2 lbs. lean ground beef
- 1 1/2 to 2 tsp. garlic powder
- 2 c. uncooked whole wheat macaroni
- 2-10.75 oz. cans condensed low-sodium tomato soup with roasted garlic & herbs, undiluted
- 1 3/4 c. water
- 2 c. frozen mixed vegetables

Preparation Instructions

1. In a large skillet, cook beef & garlic powder over medium heat until meat is no longer pink; drain.
2. Stir in macaroni, soup, water & vegetables.
3. Bring to a boil. Reduce heat; simmer, uncovered for 20 minutes or until macaroni is tender.



NUTRITION FACTS

Serving Size

1 1/2 c.

Amount Per Serving:

Calories	335
Calories from Fat.....	135
Total Fat	15 g
Saturated Fat.....	6 g
Cholesterol	86 mg
Sodium	148 mg
Carbohydrate	21 g
Dietary Fiber.....	3 g
Protein	28 g