

## SAUCY BEEF PASTA

4 Servings, about 1-1/2 cups each

<u>Water</u>	<u>1/2 cup</u>
<u>Green beans, frozen</u>	<u>1/2 10-ounce package</u>
<u>Onions, minced</u>	<u>1/2 cup</u>
<u>Lean ground beef</u>	<u>1 pound + 6 ounces</u>
<u>Noodles, yolk-free, enriched, uncooked</u>	<u>6-3/4 cups</u>
<u>Cold water</u>	<u>2 cups</u>
<u>Beef bouillon</u>	<u>2 cubes</u>
<u>Flour</u>	<u>1/3 cup</u>
<u>Pepper</u>	<u>1/4 teaspoon</u>
<u>Dry parsley flakes</u>	<u>1 teaspoon</u>
<u>Garlic powder</u>	<u>1/2 teaspoon</u>
<u>Onion powder</u>	<u>1 teaspoon</u>

**PREPARATION TIME: 25 MINUTES**

**COOKING TIME: ABOUT 35 MINUTES**

1. Place 1/2 cup of water in saucepan. Cover and bring to boil. Add green beans, lower heat, and simmer until tender, about 5 minutes. Drain.
2. Place onions and ground beef in skillet. Cook over medium heat; stir occasionally. Cook until beef no longer remains pink, about 5 to 10 minutes. Drain fat off.
3. Cook noodles according to package instructions. Drain.
4. Combine cold water and flour; stir until smooth. Add flour mixture and beef bouillon cubes to ground beef. Cook, stirring frequently until mixture has thickened and bouillon cubes have dissolved, about 4 minutes.
5. Add cooked green beans, cooked noodles, pepper, parsley flakes, garlic powder, and onion powder to ground beef mixture; stir to combine.
6. Place beef mixture in 8- by 12-inch baking pan; cover and bake in 350° F oven until thoroughly heated, about 15 minutes.

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PER SERVING:

<u>Calories</u>	<u>605</u>
<u>Total fat</u>	<u>22 grams</u>
<u>Saturated fat</u>	<u>8 grams</u>
<u>Cholesterol</u>	<u>120 milligrams</u>
<u>Sodium</u>	<u>405 milligrams</u>