

One Pot Hamburger Helper

Nutrition Information| Calories: 469cal Makes 6 Servings

|Carbohydrates: 29g | Protein: 40g | Fat: 26g | Saturated Fat: 15g | Cholesterol: 126mg | Fiber: 1g | Sugar: 27g

Ingredients

- 1 lb lean ground beef- drain and rinse to reduce fat
- 1/2 medium onion diced
- 1 red bell pepper diced
- 1 pinch red pepper flakes or more, if you like it spicy!
- 1 tsp minced garlic
- 1 tsp salt
- 1 tsp Italian seasoning
- 1/4 cup frozen spinach, thawed and squeezed dry (or 1 cup fresh, chopped fine)
- 1 1/2 cup beef broth—opt for low sodium
- 1 3/4 cup milk
- 2.5 cups dry uncooked macaroni
- 1 1/2 cups tomato or pasta sauce
- 1 1/2 cups shredded cheese



Instructions

1. To a large pot add beef, onion, peppers, pepper flakes, garlic, salt, Italian seasoning and spinach.
2. Cook over medium high heat until beef is browned.
3. Add in milk, broth, macaroni and tomato sauce and bring to a boil.
4. Reduce heat to medium and cook 12-15 minutes, stirring often.
5. Stir in 1 cup of cheese.
6. Sprinkle remaining cheese on top, cover and let sit for 5 minutes before serving.