

# Easy Skillet

**Makes:** 6 Servings

## Ingredients

$\frac{3}{4}$  pound lean ground beef or ground turkey  
1 cup onion, chopped 1 cup green pepper, chopped  
 $\frac{1}{2}$  cup uncooked elbow macaroni  
1 14-ounce can no-salt diced tomatoes  
 $\frac{1}{2}$  teaspoon salt, if desired  
1 teaspoon chili powder  
 $\frac{1}{2}$  cup water

## Directions

1. In a frying pan, brown meat and drain off fat.
2. Add onion and green pepper; cook until tender.
3. Once meat is cooked, stir in the macaroni and other ingredients. Cover and simmer until macaroni is tender.

**Total Cost:** \$4.95

**Serving Cost:** \$0.83



## Nutrition Facts

6 servings per container

**Serving size** 1/2 Cups

**Amount Per Serving**

**Calories** 117

% Daily Values\*

**Total Fat** 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 14mg 5%

**Sodium** 64mg 3%

**Total Carbohydrate** 16g 6%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 7g 14%

Vitamin D 0mcg 0%

Calcium 39mg 3%

Iron 1.62mg 9%

Potassium 0mg 0%

Vitamin A 5%

Vitamin C 34%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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