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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Cheesy Beef and Tomato Noodle Skillet***  *MyPlate2Yours - Lynn Dugan*  Serving Size: ***4*** Ingredients 1 pound lean ground beef  1 medium onion, chopped  1 clove garlic, minced  1/2 teaspoon salt  14 ounces of water  1 teaspoon Italian seasoning  1/8 teaspoon ground red pepper  1 medium sliced zucchini, cut ½ inch thick  1 cup uncooked egg noodles  1 can (14 ounces) fire roasted, diced tomatoes  1/4 cup grated Parmesan cheese Directions In a 10-inch skillet, brown ground beef, onion, and garlic over medium heat, 8-10 minutes or until beef is no longer pink, breaking into crumbles. Remove beef with a slotted spoon; pour off drippings. Season with salt and set aside.  In the same skillet, add water, tomatoes, Italian seasoning, ground red pepper, zucchini and egg noodles. Push pasta into liquid. Bring to a boil; reduce heat and simmer, uncovered, 15 minutes until pasta is tender, stirring occasionally.  Return beef to skillet and heat through. Sprinkle dish with cheese and serve. Enjoy! |