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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Cheesy Beef and Tomato Noodle Skillet****MyPlate2Yours - Lynn Dugan*Serving Size: ***4***Ingredients1 pound lean ground beef1 medium onion, chopped1 clove garlic, minced1/2 teaspoon salt14 ounces of water 1 teaspoon Italian seasoning1/8 teaspoon ground red pepper1 medium sliced zucchini, cut ½ inch thick1 cup uncooked egg noodles 1 can (14 ounces) fire roasted, diced tomatoes1/4 cup grated Parmesan cheeseDirectionsIn 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! |