



# Beef and Noodles

**Servings:** 4  
**Serving Size:** 1 cup

**Ingredients:**

- ¾ pound lean ground beef
- 1 ½ - 2 cups water
- 2 cups uncooked egg noodles or any shaped pasta
- ½ cup low-sodium Italian seasoning

**Directions:**

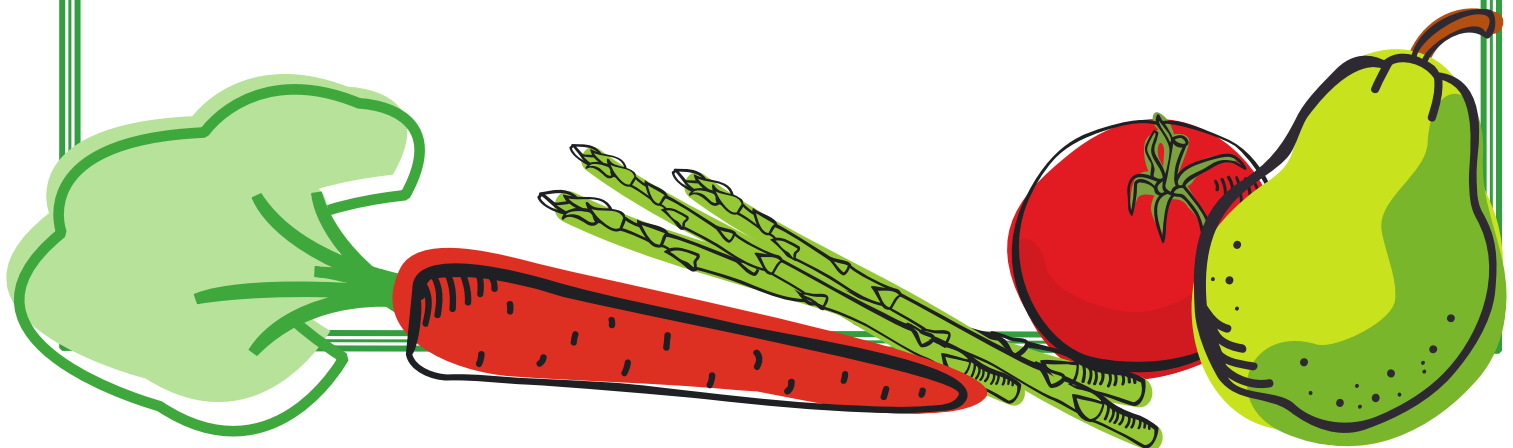
1. Cook lean ground beef in large skillet until brown, drain the fat.
2. Add water, egg noodles or pasta and Italian seasoning. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15 to 20 minutes or until noodles are tender.
4. Serve immediately.
5. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 0g	
<b>Protein 24g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4



**For more recipes:** [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

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