



Beef and Potatoes

Servings: 7
Serving Size: 1 cup

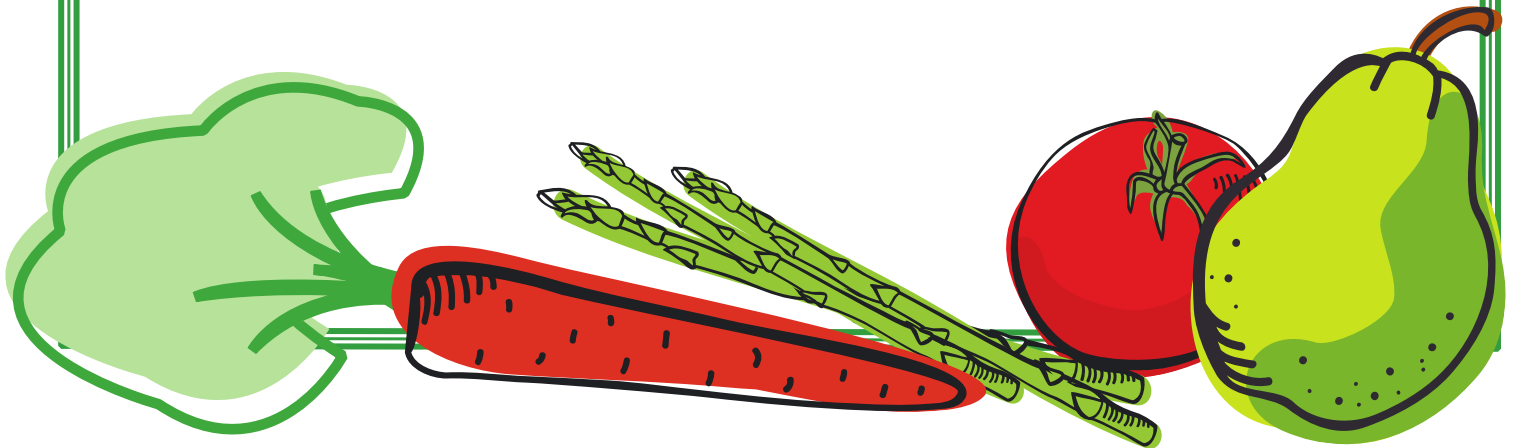
Ingredients:

¾ pound lean ground beef
 1 cup water
 5-6 medium potatoes, washed, peeled and thinly sliced.
 ½ cup plus 1 Tablespoon of low-sodium Italian seasoning

Directions:

1. Cook ground beef in a large skillet until brown, drain the fat
2. Add water, potatoes, and Italian seasoning. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 20 to 30 minutes or until potatoes are tender.
4. Uncover and cook until excess water is evaporated.
5. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 7	
Amount Per Serving	
Calories 200	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 40mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 13g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 15%
*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

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