

"Cook Once Eat Twice" with Beef

Instructions:

1. In a large skillet, brown the ground beef on medium heat.
2. After the ground beef is fully cooked, remove from pan and drain the fat.
3. While the meat is draining, add vegetable oil to pan and sauté onions, green bell peppers and garlic.
4. Once the vegetables are tender, add the cooked ground beef back to the pan and stir together.
5. Divide the skillet of meat into two, equal portions. One portion will go into a large stock pot for the spaghetti with meat sauce, and the second portion will stay in the skillet for the Mexican casserole.
2. Add diced carrot and zucchini. Cook until vegetables are tender.
3. Add in salt, black pepper, Italian seasoning, oregano and basil.
4. Add canned diced tomatoes, tomato paste and tomato sauce. Stir thoroughly.
5. Cover and simmer for 1 hour, stirring occasionally.
6. Cook pasta according to directions on the package. Or cut a spaghetti squash in half, remove the seeds and place cut-side down on a baking sheet. Roast in the oven at 400 degrees Fahrenheit for 40 minutes. Shred with a fork before serving.

Prep time: 20 minutes

Cook time: 1 hour

Serves: 8

Source: All Recipes

Spaghetti with Meat Sauce

Ingredients:

1 lb ground beef cooked with onions, bell peppers and garlic
1 medium carrot, diced
1 medium zucchini, diced
1 tsp salt
½ tsp black pepper
1 tsp Italian seasoning
2 tsp dried oregano
2 tsp dried basil
1 28 oz can diced tomatoes
1 6 oz can tomato paste
1 16 oz can tomato sauce
1 lb pasta or 1 large spaghetti squash

Instructions

1. In a large pot, add the ground beef mixture.

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories 190

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 920mg 40%

Total Carbohydrate 25g 9%

Dietary Fiber 7g 25%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg 0%

Calcium 97mg 8%

Iron 4mg 20%

Potassium 1063mg 25%

*The % Daily Value 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.

Mexican Casserole

Ingredients:

1 lb ground beef cooked with onions, bell peppers, and garlic
2 cups salsa
1 can refried beans
2 cups reduced-fat sour cream
1-2 oz cal sliced black olives, drained
1 large tomato, chopped
½ cup green onions, chopped
2 cups shredded cheddar cheese
2 tbsp jalapenos, chopped (optional)
Vegetable cooking spray

Instructions

1. Heat a large skillet over medium heat. Add ground beef mixture
2. Stir in refried beans and heat thoroughly
3. Lightly spray a 9x13-inch baking dish with cooking spray. Spread the mixture evenly in the dish.
4. Spread on a layer of sour cream. Then add your choice of toppings (black olives, tomato, green onions, and jalapenos). Top with cheese.
5. Cover and refrigerate for the next day.
6. Bake at 350 degrees Fahrenheit and bake for 30 minutes, or until hot and bubbly.

Prep time: 20 minutes
Cook time: 30 minutes
Serves: 6
Source: All Recipes

Nutrition Facts	
6 servings per container	
Serving size	1/6th of baking dish
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 15g	75%
Trans Fat 1g	
Cholesterol 115mg	38%
Sodium 1380mg	60%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 467mg	35%
Iron 4mg	20%
Potassium 1115mg	25%
*The % Daily Value 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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