



Greater Cleveland
Food Bank

SIMPLE
Home Made
Hamburger Helper



Ingredients

- 1 lb ground beef (or turkey!)
- 2 1/2 cups skim milk
- 1 1/2 cups hot water
- 2 cups Whole Wheat elbow mac
- 1 tablespoon cornstarch
- 1 tablespoon chili powder
- 2 teaspoons garlic powder
- 1 teaspoon sugar
- 1 teaspoon salt
- 3/4 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 2 cups shredded cheddar cheese

Directions

Heat a large skillet over medium-high heat. Spray with cooking spray and add the ground beef. Brown until cooked through and no longer pink. Discard any fat. Add the pasta, milk, water and spices and stir to combine. Bring to a boil and turn the heat down to simmer. Cover and cook for 10-12 minutes, or until the pasta is al dente. Add the cheese and stir to combine. Serve immediately

ADAPTED FROM : <http://www.farmgirlgourmet.com/>



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PRO TIPS

- Use lean ground beef for heart health.
- Cut the amount of ground beef in half and sub with your favorite veggies! (broccoli, corn, spinach, cauliflower)
- Make pre made, measured bags of the dry ingredients for making cooking even easier when in a hurry (noodles, spices, etc)
- Try using lean ground turkey rather than beef. Much leaner and heart healthy



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