

GROUND BEEF & PASTA SKILLET PRIMAVERA

These ground beef and zucchini mini meatballs are perfect for any holiday party. What could make them better? A cranberry barbecue sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



COOK TIME: 30 MINUTES | **SERVINGS:** 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 (14½ ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into ½-inch slices
- 1 can (14½ ounces) no-salt added diced tomatoes
- 1½ teaspoons Italian seasoning



COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

Cook's Tip: For early eaters (6-7 months), spaghetti can be hard to pick up prior to baby having the pincer grasp. Pieces of pasta about the size of an adult pinky finger are preferable early on it self-feeding. These include rigatoni, penne, cavatappi.

Nutrition information per serving: 296 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat); 76 mg Cholesterol; 338 mg Sodium; 28.2 g Total Carbohydrate; 3.1 g Dietary Fiber; 31.7 g Protein; 5 mg Iron; 614 mg Potassium; 8.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium; 82.3 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

For more information on safe food handling and beef safety, see:
BeefItsWhatsForDinner.com/cooking/food-safety