

Ground Beef and Noodles

Ground Beef and Noodles

Quick, easy, tasty – serves 4.

Blue – 3 points for meat, 6 points for noodles – 9 points total

Purple – 3 points for meat, 6 points for noodles – 9 points total **use whole wheat noodles and total points would be 3

Green – 3 points for meat, 6 points for noodles – 9 points total

- 1 pound 96% lean ground beef
- salt and pepper to taste
- 1 can stewed tomatoes, cut up smaller than they come in the can
- 8 oz tomato sauce
- 8 oz egg noodles

1. In a skillet, cook ground beef. Drain. Season with salt and pepper to taste
2. Add to skillet the stewed tomatoes and the tomato sauce. Stir well.
3. Bring to a boil then reduce heat to a low simmer. Let cook for 15 minutes, stirring occasionally.
4. While meat is cooking, cook noodles according to package directions
5. To serve, place 1 cup noodles on plate and top with 1/4

of the meat mixture.