



Cheesy Beef 'n Penne Pasta Casserole



Makes 4 servings

Ingredients

- 1 tablespoon canola oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 8 ounces extra-lean (97% lean) ground beef
- 2 tablespoons fresh chopped oregano (You can also use 2 teaspoons dried.)
- 1 1/2 cups low-sodium beef broth
- 1/2 teaspoon freshly ground black pepper

- 1/4 teaspoon ground cumin
- 1 1/2 cups canned no-salt-added diced tomatoes
- 8 ounces whole-grain penne pasta
- 3 ounces fresh spinach
- 1 ounce fresh arugula
- 1 cup shredded part-skim mozzarella cheese
- *optional toppings: lettuce, sour cream, cheese, diced tomatoes

Directions

1. Preheat broiler to high heat. In a large oven-safe skillet, heat oil over medium-high heat. Add onion and garlic. Stir and cook for 1 to 2 minutes. Add beef and oregano. Stir and cook

for 2 to 3 minutes. Continue cooking, breaking the beef up with a wooden spoon or heat-safe spatula, until beef has browned (about 3 to 4 minutes).

(directions continued on back)



MAIN DISH



Directions (continued)

2. Add broth, pepper, cumin, tomatoes and pasta. Stir and turn heat to high. Once boiling, cover and reduce heat to a simmer for 12 to 13 minutes or until pasta is tender. Stir in spinach and arugula.
3. Sprinkle cheese over pasta mixture. Place skillet in the oven to broil for 1 to 3 minutes or until cheese melts and begins to brown. Allow to cool slightly and enjoy warm.

*Option not included in nutrition facts.

= low sodium

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Nutrition Facts

Serving Size 1 1/2 cup (385g)
Servings Per Container 4

Amount Per Serving

Calories 410 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 450mg 19%

Total Carbohydrate 52g 17%

Dietary Fiber 8g 32%

Sugars 8g

Protein 31g

Vitamin A 45% • Vitamin C 30%

Calcium 30% • Iron 25%

*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

Recipe contains: wheat, milk
Carb choices per serving: 3 1/2