

Easy Peasy Cheeseburger Macaroni Serves: 6

To serve with *Broccoli Poppers and Carrots* (page 137), get those into the oven before browning the ground beef.

1 lb	lean ground beef	Add ground beef to a large skillet over medium heat. Cook for 8-10 minutes or until browned. Drain if necessary.
2 cups	skim milk	Add to the skillet.
1 cup	water	Bring to a boil, cover, reduce heat to low and simmer for 10 minutes, stirring frequently, or until pasta is almost done.
1 1/2 cups	whole-grain elbow macaroni (gluten-free if desired), uncooked	
1 Tbsp	cornstarch (or arrowroot)	
2 tsp	paprika	
1 tsp	onion powder	
1 tsp	garlic powder	
1 tsp	salt	
1 tsp	sugar	
1/4 tsp	ground turmeric , OPTIONAL	
1 1/2 cups	frozen peas	Add to the skillet, return to a boil, and cook 3 more minutes.
1 cup	shredded cheddar cheese	Add and stir well. Remove from heat and let sit for about 5 minutes to allow the sauce to thicken and become absorbed. Serve with <i>Broccoli Poppers and Carrots</i> . Enjoy!

QUICK TIP: When selecting bread and pasta, choose “100% whole grain” over “enriched.”

Nutrition Information for 3/4 cup serving:

Calories: 370 • Fat: 14.5 g • Sat Fat: 6.8 g • Chol: 70 mg • Fiber: 5 g • Protein: 29 g • Total Carb: 32 g • Sugars: 8 g • Sodium: 500 mg