



A Nutrition Resource

# SKILLET SUPPER

**Yield: 6 Servings | Serving Size: 1 cup**

**Cost/Serving: \$1.16**

## Ingredients:

- 1/2-pound lean hamburger (15% fat or less)
- 2 cups low sodium
- 2 1/2 cups water
- 1 cup mushrooms, sliced, canned or fresh (or other vegetable)
- 2 cups uncooked whole wheat macaroni (or other small pasta)
- 1 (12.5ounce) can Italian diced tomatoes
- 1/2 cup parmesan

## Directions:

- 1) Brown meat in skillet and drain fat.
- 2) Add rest of ingredients (expect parmesan cheese) and bring to a boil.
- 3) Reduce heat, cover, and simmer 13 to 14 minutes or until pasta is done. Stir occasionally and remove lid the last few minutes.
- 4) Top with parmesan cheese.

## Nutrition Facts

6 servings per container

**Serving size** 1 cup (398g)

Amount per serving

**Calories** 300

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 390mg 17%

**Total Carbohydrate** 37g 13%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 148mg 10%

Iron 3mg 15%

Potassium 480mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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