

Zucchini, Pasta and Beef Dinner

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Ingredients:

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 1/4 tsp. salt
- 1 14-oz. can beef broth
- 1 tsp. Italian seasoning
- 1/8 tsp. ground red pepper
- 2 c. sliced zucchini, about 1/2-inch thick
- 1 cup bow tie pasta, uncooked
- 2 tomatoes, cut into 4 wedges
- 2 Tbsp. grated Parmesan cheese

<http://www.ext.nodak.edu/extnews/newsrelease/2004/102804/03prairie.htm>

NDSU EXTENSION
SERVICE

Directions:

- In a large nonstick skillet, brown ground beef, onion and garlic over medium heat for 8 to 10 minutes, breaking into crumbles. Drain well, season with salt and place in bowl or other container. Set aside. In same skillet, add broth, Italian seasoning, red pepper, zucchini and uncooked pasta. Bring to a boil and reduce heat to medium. Simmer, uncovered, for about 15 minutes or until pasta is tender. Stir occasionally. Return beef to skillet and add tomatoes; heat through. Sprinkle with cheese.

Makes 4 servings. Each serving has 296 calories, 28 grams of protein, 11 grams of fat and 22 grams of carbohydrate.

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