

Cheesy Jerk Pasta

Recipe makes 6 meals

Ingredients

1 lb 93/7 Ground Beef
14.5 oz Box Barilla Protein+
Pasta
4 oz Fat Free Sour Cream
8 oz Velveeta 2% Cheese
¼ C Fat Free Fairlife Milk
2 Red Bell Peppers,
chopped
½ Medium Yellow Onion,
chopped
1 Large Tomato, chopped
5-6 Garlic Cloves, grated
1 Tbsp Jerk Seasoning
¼ C Water
Salt to taste



Nutrition Profile

- per meal -

Calories - 456

Fat - 11g

Carbohydrates - 55g

Protein - 35g

**Estimated Cost
Per Meal**

\$2.66

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Instructions

1. Heat a large skillet over medium-high heat.
2. Add in your ground beef, breaking up and mixing occasionally.
3. While your beef is cooking, cook your pasta according to the instructions on the package. When done, strain and set aside.
4. When your beef is completely cooked and reaches a temperature of 160°F, add in your chopped bell peppers, chopped onions, grated garlic, ¼ of water, and jerk seasoning.
5. Stir, and reduce heat to medium and cook for 5 minutes or until onions are translucent. When done, reduce to simmer.
6. For your cheese sauce, place a large pot on medium heat and add in your cheese and break it up.
7. Once your cheese is broken up and slightly melted, add in your milk and fat free sour cream. Stir, and cook on medium-low heat until cheese is creamy. Salt to taste.
8. Add your diced tomatoes and ground beef, and mix together.
9. Lastly, add in your cooked pasta, give it a good mix, and you're done!
10. Enjoy!

Notes

- Some jerk seasonings are stronger than others. You can adjust the amount up or down depending on your preference.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.