

Cheeseburger Pasta

Recipe makes 6 meals

Ingredients

- 1 lb 93/7 Lean Ground Beef
- 15 oz Barilla Protein Plus Pasta
- 15 oz can Diced Tomatoes in juice
- 1.5 cups Fat Free Fairlife Milk
- 1 cup Beef Broth
- 1 cup Reduced Fat Shredded Cheese, divided
- 1/4 cup Dill Relish
- 1 small Yellow Onion, chopped
- 2 Tbsp Corn Starch
- 2 Tbsp Yellow Mustard
- 2 Tbsp Mayonnaise
- 1 Tbsp Worcestershire Sauce
- 1/2 Tbsp Garlic Powder
- 1/2 Tbsp Onion powder
- 1 tsp Dill Weed
- 1 tsp Paprika
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 482
Fat - 14g
Carbohydrates - 55g
Protein - 36g
***Fiber - 7g**

**Estimated Cost
Per Meal**

\$2.22

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by cooking your pasta according to the instructions on the package. When done, strain it, return it back to the pot, and set it aside.**
- 2. While your pasta is cooking, heat a large skillet over medium-high heat and add in your ground beef. Break it up a little, and immediately add in your chopped onion. Let this continue to cook until no pink remains, breaking it up in the process.**
- 3. While your beef is cooking, in a bowl add 1.5 cups of milk, 1 cup of beef broth, 1 Tbsp of corn starch, 1 Tbsp of Worcestershire sauce, 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp dill weed, and 1 tsp paprika. Mix well and set aside.**
- 4. Once your beef is cooked through, remove it from the skillet and set it aside. Return that same skillet back to the stove over medium heat and add in your can of diced tomatoes with the juice, 1/4 cup dill relish, and 2 Tbsp yellow mustard. Mix together, then pour in your milk and broth mixture and bring to a boil. Once that starts bubbling, mix in your cooked ground beef, reduce the heat to a simmer, and let this continue to cook for 5 minutes.**
- 5. After 5 minutes, turn off the heat, and add in 1/2 cup of shredded cheese, 2 Tbsp of mayo, and mix until cheese is melted.**
- 6. Once that's done add your beef and sauce mixture into the pot with your cooked pasta, mix well, give it a taste, and add salt and pepper to preference.**
- 7. Portion out into your meal containers, top your meals with your remaining cheese, and enjoy!**



@zachcoen

www.mindbodyandnutrition.com

Notes

- **Just like most of the other pasta recipes, these portions are large and filling. But you can always add extra veggies of choice to bulk it up and sneak more nutrients into the dish.**
- **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.**