



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.



Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION