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Spanish Noodle Skillet

Ingredients

vegetable oil spray

½ onion, chopped

½ green pepper, chopped

½ pound lean ground beef

¾ teaspoon salt

dash of pepper

¼ teaspoon oregano

2 cups pureed *or* stewed tomatoes

¾ cup water

1½ cups whole wheat egg noodles

Makes 4 servings

Instructions

1. Spray skillet with non stick cooking spray. Sauté onion, green pepper and beef.
2. Pour off any excess fat; add salt, pepper, oregano, tomatoes, and water.
3. Cover and simmer 10 minutes. Bring to a boil and add noodles, a few at a time.
4. Reduce heat, cover, and simmer 10 more minutes. Stir occasionally.

Note:

- Regular egg noodles may be used in place of the whole wheat noodles.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 280	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 760mg	**32%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 19g	

Vitamin A 6% • Vitamin C 45%
Calcium 8% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

23% calories from fat

Source: Cornell Cooperative Extension of Schoharie County

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ESNY

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