



## Cheeseburger Macaroni Skillet

**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 6 servings.

*This is the ultimate simple and fulfilling dinner that uses items I typically have in my cupboard. It's so easy to prepare and cooking all in one skillet makes it a snap for clean up. —Juli Meyers, Hinesville, Georgia*

### Ingredients

1 pound lean ground beef (90% lean)

8 ounces uncooked whole wheat elbow macaroni

3 cups reduced-sodium beef broth

3/4 cup fat-free milk

3 tablespoons ketchup

2 teaspoons Montreal steak seasoning

1 teaspoon prepared mustard

1/4 teaspoon onion powder

1 cup shredded reduced-fat cheddar cheese

Minced chives

### Directions

1. In a large skillet, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain.

2. Stir in macaroni, broth, milk, ketchup, steak seasoning, mustard and onion powder; bring to a boil. Reduce heat; simmer, uncovered, 10-15 minutes or until macaroni is tender. Stir in cheese until melted. Sprinkle with chives.

### Nutrition Facts

1 cup: 338 calories, 11g fat (5g saturated fat), 64mg cholesterol, 611mg sodium, 32g carbohydrate (5g sugars, 4g fiber), 27g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.

