Beef & Noodles
Makes 4 – 1 cup servings

Ingredients:
3/4 pound lean ground beef
1 ½ - 2 cups water
2 cups uncooked egg noodles or any shaped pasta
½ cup Eating Smart Seasoning Mix

Directions:
1. Brown 3/4 pound ground beef in a large skillet, drain the fat.
2. Add water, egg noodles or pasta, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15–20 minutes or until noodles are tender.
4. Taste; then add a small amount of salt if needed.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension