



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Microwave Quick Dinner

### Ingredients:

- 1½ cups uncooked elbow macaroni
- ½ cup chopped onion
- ¼ cup chopped green pepper
- ½ pound lean ground beef
- 1 (8-ounce) package pasteurized process cheese spread, cut into ¾ inch cubes
- 1 (16-ounce) can whole tomatoes, drained and cut up
- ¼ cup 1% milk
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- paprika (optional)

*Makes 6 servings - 29% calories from fat*

### Instructions:

1. Prepare macaroni as directed on package. Rinse, drain and set aside.
2. In 2-quart casserole, combine onion, green pepper and beef. Cover.
3. Microwave at High for 2 to 4 minutes, or until beef is no longer pink, stirring once to break apart. Drain fat off.
4. Stir in macaroni and remaining ingredients, except paprika. Re-cover.
5. Microwave at High for 6 to 8 minutes, or until heated through and cheese melts, stirring twice.
6. Sprinkle with paprika and serve.

### Note:

- To reheat, place a serving on plate. Cover with wax paper. Microwave at High for 1½ to 3 minutes, or until heated through, stirring once.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 80</b>
<b>% Daily Value*</b>	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 890mg</b>	<b>37%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 20g</b>	
Vitamin A 15%	• Vitamin C 25%
Calcium 25%	• Iron 10%
*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	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.