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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 - 23% calories from fat*

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



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