



Skillet Pasta Dinner



Makes: 6 Servings

Total Cost: \$\$\$\$

A quick and delicious one-pot meal that is sure to please the whole family. Add your favorite frozen or fresh veggies to this dish.

Ingredients

- 1/2 pound 85% lean ground turkey (or ground sausage or beef)
- 1 medium onion, chopped
- 2 garlic cloves, minced (approximately 1 teaspoon)

- 1 can (8 ounces) tomato sauce
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups fresh or frozen vegetables (try zucchini and carrots)

Directions

1. Wash hands with soap and water.
2. Brown the ground meat, onion, and garlic in a large skillet or heavy saucepan. Drain off any grease.
3. Add the tomato sauce, water, and uncooked pasta.
4. Cover and simmer for 10 minutes.
5. Add the fresh or frozen vegetables. Stir and continue cooking until the pasta and vegetables are tender, about 10 more minutes.

Notes

Frozen vegetables used for nutritional analysis and costing purposes.

Learn more about:

- [Onions](#)
- [Garlic](#)
- [Tomatoes](#)
- [Zucchini](#)

- [Carrots](#)

Source:

Simple Healthy Recipes

Oklahoma Nutrition Information and Education

ONIE Project

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Total Calories	297
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	57 mg
Carbohydrates	45 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	2 g
Protein	15 g
Vitamin D	0 mcg
Calcium	52 mg
Iron	3 mg
Potassium	365 mg

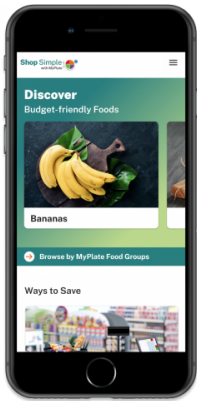
MyPlate Food Groups



	Vegetables	1/2 cups
	Grains	1 1/2 ounces
	Protein Foods	1 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



Shop Simple with MyPlate

Find savings in your area and discover new ways to prepare budget-friendly foods.

[Learn more](#)



MyPlate on Alexa

Get MyPlate nutrition tips on Amazon Alexa devices or the free Alexa app.

[Learn more](#)



Start Simple with MyPlate App

Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today.

[Learn more](#)



MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

[Learn more](#)



MyPlate
U.S. DEPARTMENT OF AGRICULTURE