

## “Cook Once Eat Twice” with Beef

### Ingredients

- 2 pounds ground beef
- 2 medium onions, chopped
- 2 medium green bell peppers, chopped
- 8 cloves garlic, finely chopped
- 1 tablespoon vegetable oil



### Instructions

1. In a large skillet, brown the ground beef on medium heat.
2. After the ground beef is fully cooked, remove from pan and drain the fat.
3. While the meat is draining, add vegetable oil to pan and sauté onions, green bell peppers and garlic.
4. Once the vegetables are tender, add the cooked ground beef back to the pan and stir together.
5. Divide the skillet of meat into two, equal portions. One portion will go into a large stock pot for the spaghetti with meat sauce, and the second portion will stay in the skillet for the Mexican casserole.

## Day 1: Spaghetti with Meat Sauce

### Ingredients

- 1 pound ground beef cooked with onions, bell peppers and garlic
- 1 medium carrot, diced
- 1 medium zucchini, diced
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- 1 teaspoon Italian seasoning
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 28-ounce can diced tomatoes
- 1 6-ounce can tomato paste
- 1 16-ounce can tomato sauce
- 1 pound pasta or 1 large spaghetti squash

### Instructions

1. In a large pot, add the ground beef mixture.
2. Add diced carrot and zucchini. Cook until vegetables are tender.
3. Add in salt, black pepper, Italian seasoning, oregano and basil.
4. Add canned diced tomatoes, tomato paste and tomato sauce. Stir thoroughly.
5. Cover and simmer for 1 hour, stirring occasionally.
6. Cook pasta according to directions on the package. Or cut a spaghetti squash in half, remove the seeds and place cut-side down on a baking sheet. Roast in the oven at 400 degrees Fahrenheit for 40 minutes. Shred with a fork before serving.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(313g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 3mg	15%
Potassium 894mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Day 2: Mexican Casserole

### Ingredients

- 1 pound ground beef cooked with onions, bell peppers, and garlic
- 2 cups salsa
- 1 can refried beans
- 2 cups reduced-fat sour cream
- 1 2-ounce can sliced black olives, drained
- 1 large tomato, chopped
- ½ cup green onions, chopped
- 2 cups shredded cheddar cheese
- 2 tablespoons jalapenos, chopped (optional)
- Vegetable Cooking Spray

### Instructions

1. Heat a large skillet over medium heat. Add ground beef mixture and salsa. Simmer for 20 minutes or until all liquid is absorbed.
2. Stir in refried beans and heat thoroughly.
3. Lightly spray a 9x13-inch baking dish with cooking spray. Spread the mixture evenly in the dish.
4. Spread on a layer of sour cream. Then add your choice of toppings (black olives, tomato, green onions, and jalapenos). Top with cheese.
5. Cover and refrigerate for the next day
6. Bake at 350 degrees Fahrenheit and bake for 30 minutes, or until hot and bubbly.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(442g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>550</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 35g	<b>45%</b>
Saturated Fat 17g	<b>85%</b>
Trans Fat 1g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 1270mg	<b>55%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 556mg	45%
Iron 3mg	15%
Potassium 1023mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Find the video for this recipe and more at [LSUAgCenter.com/BuildAHealthyMeal](http://LSUAgCenter.com/BuildAHealthyMeal). The Build a Healthy Video Series and recipe cards are made possible through an LSU AgCenter partnership with Louisiana Healthcare Connections. Learn more about Healthy Louisiana Medicaid and Louisiana Healthcare Connections at [www.ChooseLouisianaHealth.com](http://www.ChooseLouisianaHealth.com)



Visit our website: [www.LSUAgCenter.com](http://www.LSUAgCenter.com)

The LSU AgCenter and LSU provide equal opportunities in programs and employment.