American Chop Suey
Serves 4

Ingredients
8 oz. whole wheat elbow macaroni (1/2 box)
1 teaspoon oil
1 pound ground beef (93% lean)
1 teaspoon minced garlic or ½ teaspoon powdered garlic
1 small onion, chopped (1/2 cup)
1 small green pepper, chopped
1 (15-ounce) can low-sodium diced tomatoes
1 (15-ounce) can tomato soup
½ cup water

Directions
1. Boil pasta according to package instructions. Drain and cool with cold running water. Set aside
2. In a large skillet, heat oil at medium-high heat. Add ground beef and brown until cooked through, about 5 minutes. Drain excess fat.
3. Add garlic, chopped onion and green pepper. Cook 2 minutes.
4. Add diced tomato, tomato soup, and water. Simmer 5 minutes.
5. Add cooked pasta. Cook until heated through.

Recipe Note: Serve with grated cheese if desired.

Nutritional Information per Serving:
Calories: 338  Carbohydrates: 38g
Total Fat: 9g  Cholesterol: 64mg
Saturated Fat: 4g  Dietary Fiber: 5g
Protein: 26g  Sodium: 183mg