

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**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 1/2 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
1/2 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