



NUTRITION CONSULTING INC.

Cowboy Ground Beef and Bean Casserole

Round up your posse with this yummy quick and easy one-pot casserole. This retro-inspired recipe packs in some serious nutrition. Top with grated cheese to get all four food groups in each serving. Each serving is an excellent source of zinc and a very high source of fibre.

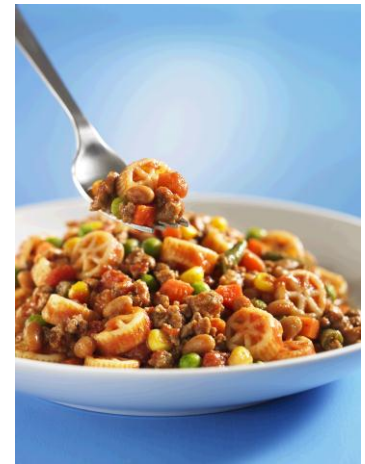
Recipe courtesy of Canadian Beef - www.makeitbeef.ca

Makes 8 servings

Prep: 5 min. **Cook:** 20 min.

What you need:

1 tbsp (15 mL)	Vegetable oil
1	Onion, chopped
2	Cloves garlic, minced
1 lb (500g)	Canadian Extra Lean or Lean Ground Beef Sirloin*
1 tbsp (15 mL)	Chili powder
1 can (796 mL)	No-salt added diced tomatoes
1 cup (250 mL)	Sodium-reduced chicken broth
1 can (398 mL)	Beans in tomato sauce
2 cups (500 mL)	Frozen mixed vegetables
2 cups (500 mL)	Dried wagon wheel or penne pasta



How you prepare:

1. **Heat** oil over medium-high heat in large heavy saucepan or Dutch oven. Add onion and garlic; cook until aromatic, about 1 minute. Add ground beef, breaking up with wooden spoon; cook until browned, about 5 minutes. Drain, if desired.
2. **Stir** in chili powder, tomatoes, broth, canned beans and frozen vegetables; bring to boil.
3. **Stir** in pasta; reduce heat, cover and simmer until pasta is tender, about 15 minutes.

Per serving:

Calories: 305

Carbohydrates: 39 g

Protein: 20 g

Fat: 8 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

It's your health.
Take a stand.



NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com