Grab ‘n’ Go Dinner for Tonight

All in One Burger Stew
Serves: 6

Ingredients:	Where to find it:
1 lb extra lean ground beef	Meat Dept.
3/4 cup chopped red onion (about 1/2 lb)	Produce
1 (8 oz) pkg sliced fresh mushrooms	Produce
1 (16 oz) bag frozen Mediterranean-style vegetables	Frozen Vegetables
1 (14.5 oz) can diced tomatoes with basil, garlic & oregano, undrained	Aisle 3
1 (14 oz) can beef broth	Aisle 2
1 cup canned kidney beans, rinsed and drained	Aisle 3
2 1/2 cups uncooked wide egg noodles	Aisle 2
1/4 tsp freshly ground black pepper	Aisle 5
1/4 cup chopped fresh parsley (optional)	Produce

1. Heat a large skillet or Dutch oven over medium high heat; brown ground beef together with chopped onions and sliced mushrooms, stirring to crumble meat. Drain off and discard any fat.
2. Add frozen vegetables, tomatoes with juice, broth and kidney beans; bring to a boil over high heat.
3. Add noodles; reduce heat to medium. Cover; cook 12 to 15 minutes or until noodles have absorbed liquid and vegetables are tender. Add pepper and sprinkle with chopped parsley, if desired.

All in One Burger Stew
Servings Per Meal (6)

Amount Per Serving	
Calories 215	**Calories from fat 35**
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 50mg	17%
Sodium 510mg	21%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 21g	

Vitamin A 10% • **Vitamin C** 35%
Calcium 4% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

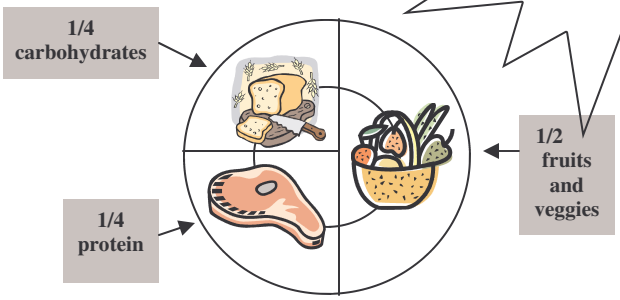
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables

Create a healthy plate by adding a slice of French bread and sliced fresh peaches or cantaloupe for dessert.



Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.64

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.