

Beef Crumbles



What is it?:

Seasoned beef crumbles are pieces of ground beef cooked in their own juices and then canned. It is pre-cooked, just reheat before you eat it.

Canned beef crumbles are a great source of protein to keep your body healthy and your muscles strong.

6 Easy Ways to Use Beef Crumbles:

1. Mix with tomato sauce and use on top of whole wheat pasta.
2. Stir-fry with fresh or frozen vegetables and serve over brown rice.
3. Use as a filling for tacos, burritos, quesadillas or fajitas.
4. Layer it into lasagna to create a hearty dish.
5. Use canned beef crumbles instead of freshly ground beef, pork, chicken or turkey in any recipe.

Don't judge a food by its can:

Simply drain off the extra juices and your beef crumbles are ready to be used.

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Creamy Pasta with Tomatoes, Beans, and Beef Crumbles

Servings: 8

Serving size: 1 cup

Ingredients

- ½ box (7-8 ounces) whole wheat pasta
- 1 tablespoon unsalted butter
- 1 teaspoon garlic powder
- 1 tablespoon chili powder
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 1 (10 oz) can of beef crumbles, drained and rinsed
- 2 tablespoons flour
- 1 (15 ounce) can diced tomatoes, no salt added, drained
- 1¼ cups fat free milk
- 1 (6 ounce) container plain non fat yogurt
- 1 cup reduced fat shredded cheddar cheese

Directions

1. Cook pasta according to package directions.
2. Set aside.
3. Melt butter in large saucepan. Add garlic powder, chili powder, black pepper, salt, beef and flour. Cook and stir for 1-2 minutes, until golden brown.
4. Add tomatoes, milk, yogurt, and cooked pasta. Cook for 4-5 minutes, stirring often.
5. Mix in cheese and stir until melted. Remove from heat and serve.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	18%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 210mg	15%
Iron 2mg	10%
Potassium 131mg	2%

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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