



Beef Pasta

Zesty beef and pasta in a rich tomato sauce—classic and satisfying.

SERVING
SIZE:
2

CALORIES/
SERVING:
530

PROTEIN/
SERVING:
40g

INGREDIENTS

- 8 oz Chili Beef
- 2 cups Rotini Pasta
- 1 can Sauce
- 1 Yellow Onion
- 1 Green Bell Pepper

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Nutrition And
Recipe Info.



BOIL

1. In a medium size pot, bring 6 cups of water to a boil. Add rotini pasta and cook to desired doneness, 7-9 minutes. Drain and set aside.

HEAT

1. In a medium size pot or pan, heat 2 Tbsp cooking oil over medium heat.

ADD

1. Once oil is hot, add in the diced yellow onion and bell pepper. Saute until onion is translucent.

ADD

1. Add the spaghetti sauce to the pot and bring to a simmer.

ADD

1. Add in cooked beef and simmer for 4-5 minutes.

SEASON

1. Season to taste with salt and pepper.

ENJOY

1. Fold in cooked pasta.
2. Enjoy!

