

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Great Northern Brown Sauce Skillet Supper

Yield: 2 servings, each 1 1/4 cups

- 2 cloves of garlic, finely chopped
- 1/2 medium onion, chopped
- 1/2 medium sweet bell pepper, any color, chopped
- 1/2 cup (3 ounces) cooked ground beef or turkey
- 4 ounces tomato sauce
- 3/4 cup water
- 1 teaspoon unsweetened baking cocoa
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cinnamon
- 1/3 cup dry small pasta, such as macaroni or penne
- 1/2 cup cooked great northern beans, cooked without added salt, rinsed and drained
- 2 tablespoons packed raisins (preferably golden because of the color contrast)
- 2 tablespoons diced tomatoes, fresh or canned
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Heat a large skillet sprayed with non-stick cooking spray over medium heat. Cook garlic, onion and bell pepper for about 3 minutes or until softened, stirring occasionally.
3. Stir in cooked ground meat, tomato sauce, water, cocoa, chili powder, cinnamon and pasta.
4. Reduce heat. Cover and boil gently, stirring occasionally, for 10 to 12 minutes.
5. Stir in cooked beans, raisins and tomatoes. Cover and bring back to a boil. When thoroughly hot, remove from heat.
6. Spoon into serving bowls. Sprinkle with cheese.
7. Cover and refrigerate leftovers within two hours.



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Research and Extension

*Meal suggestion:
Serve with peaches,
yogurt and oatmeal
cookies.*

*This healthy hot main
dish is an excellent
source of vitamin C,
dietary fiber, iron and
calcium. It is a good
source of vitamin A.*

Nutrition Facts

Serving Size 1 1/4 cups (386g)
Servings Per Container 2

Amount Per Serving

Calories 340 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 480mg 20%

Total Carbohydrate 43g 14%

Dietary Fiber 9g 36%

Sugars 11g

Protein 24g

Vitamin A 10% • Vitamin C 60%

Calcium 20% • Iron 25%

*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

*3 carbohydrate
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," June 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.