**Beef Video Recipe – Easy Skillet Pasta**

**Ingredients**

1 pound ground beef, at least 90% lean

2 tablespoons garlic, minced

1 cup yellow or white onions, chopped

1 cup green bell pepper, chopped

1 tablespoon dried Italian seasoning

1/8 teaspoon salt (or one small pinch of salt)

1/2 teaspoon ground black pepper

10 ounces frozen spinach, thawed

2 1/2 cups water

1 15-ounce can low-sodium tomato sauce

1 1/2 cups low-sodium canned diced tomatoes, with juice

8 ounces (1/2 pound) dry whole grain rotini pasta

1/2 cup Parmesan cheese, grated

**Directions**

Preheat a large skillet on medium heat; add the raw ground beef.

Break meat into small pieces with a spoon or heat-resistant rubber spatula.

When the beef is half-cooked, add the chopped garlic, onions and peppers.

Continue cooking until beef is firm to the touch and no longer pink in color, and the vegetables are tender, about 10 minutes.

If needed, drain any excess fat into a can or other heat-tolerant container. Once cooled, throw it in the trash.

Add the Italian seasoning, salt and black pepper and stir well.

Add the spinach, water, tomato sauce, diced tomatoes and dry pasta; stir.

Bring to a simmer; cover and cook for 15-20 minutes or until pasta is tender, but not mushy.

Top with Parmesan cheese.

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