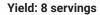
## **Cheeseburger Casserole**



### Ingredients

1 tablespoon extra virgin olive oil ½ pound lean ground turkey

1 cup diced onion

1 cup diced carrot

1 cup diced celery

2 cups diced zucchini

1 teaspoon minced garlic

3 cups vegetable broth, low or no salt added

2 tablespoons yellow mustard

15 ounces canned diced tomatoes

13 ounces whole wheat elbow macaroni

¼ teaspoon kosher salt

¼ teaspoon ground black pepper

½ cup shredded, low fat sharp cheddar cheese

# Presented by Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

#### Instructions

- 1. Heat oven to 350 degrees.
- 2. Heat a large saucepan over medium heat, add oil and turkey, break up the turkey with a spoon and cook until turkey is mostly cooked.
- 3. Add onion, carrot and celery and cook for about 5 minutes or until veggies are soft.
- 4. Add zucchini and garlic and continue to cook for about 3 minutes, stirring often and adding small amounts of water if things start to stick.
- Add vegetable broth, mustard, tomatoes, macaroni, salt and pepper, stir and bring mixture to a boil. Continue to cook, stirring often until pasta is cooked, adding water if necessary. Mixture should saucy but not soupy.
- 6. Add mixture to a 9x13 baking pan and top with cheese. Bake for 10 minutes to melt the cheese.

### **Optional Freezing Instructions:**

- Complete steps 1 to 5. Add mixture to 9x13 baking pan, wrap with plastic wrap and freeze.
- 2. To bake from frozen, remove plastic wrap, cover with foil and bake at 350 degrees for 1 1/2 hours or until heated through. Add cheese on top, for the last 5 minutes of baking.



Serving Size:  $\frac{1}{8}$  of recipe

Calories: 268
Total Fat: 5.5 g
Saturated Fat: 1.3 g
Monounsaturated Fat: 2.3 g
Polyunsaturated Fat: 1.2 g
Sodium: 262 mg
Total Carbohydrate: 43 g
Dietary Fiber: 6 g
Sugars: 6 g
Protein: 15 a

Source: Adapted from Celebrating Sweets

