



Cheeseburger Casserole

Yield: 8 servings

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

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.
5. 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:

1. 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.

Nutrition Information

Serving Size: ¼ 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 g

Source: Adapted from Celebrating Sweets

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