

DINNER

Florentine Beef Skillet Dinner

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.56	307 kcal

You can never have too many main course recipes, so give Florentine Beef Skillet Dinner a try. One portion of this dish contains about 22g of protein, 18g of fat, and a total of 344 calories. This recipe serves 6. For \$1.56 per serving, this recipe covers 27% of your daily requirements of vitamins a...

Ingredients

☐ 14½ ounce diced tomatoes with basil, garlic, and oregano, undrained canned	☐ 1 cup elbow macaroni, cooked
☐ ½ teaspoon garlic salt	☐ 1 pound ground beef
☐ 1 small onion, chopped	☐ 2 ounces 1/2 cup shredded Parmesan cheese
☐ ¼ teaspoon pepper	☐ 13½ ounce whole leaf spinach, drained canned

EQUIPMENT Frying pan

Method

- 1 Brown beef and onion in a large nonstick skillet, stirring until meat crumbles.
- 2 Drain and return mixture to skillet.
- 3 Stir in tomatoes and next 4 ingredients; cook until heated.
- 4 Sprinkle with cheese.

Nutrition per serving

307

KCAL

21 g

PROTEIN

18 g

FAT

16 g

CARBS

Saturated Fat	7.5 g · 47% of daily needs
Fibre	3.3 g · 13% of daily needs
Sugar	4 g · 4% of daily needs
Sodium	537 mg · 23% of daily needs
Cholesterol	60.1 mg · 20% of daily needs
Vitamin C	25.1 mg · 30% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/florentine-beef-skillet-dinner-147865