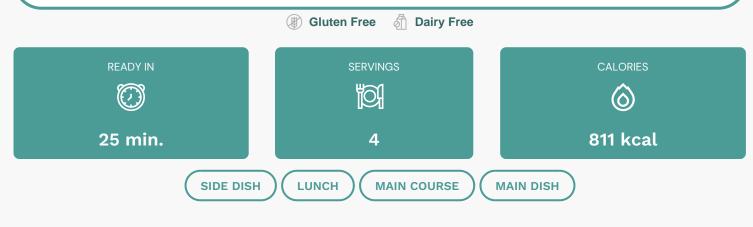


Hamburger and Macaroni



Ingredients

2 cups macaroni gluter	n-free uncooked for version (use rice pasta or pasta)
1 Tbsp olive oil extra vir	gin
1 pound ground beef	
1 onion mixed chopped	(or green onion greens and yellow onion)
0.5 teaspoon lawry's se	easoned salt
1 pinch pepper flakes	
0.5 teaspoon celery se	ed
28 oz canned tomatoes	s diced canned

	2 Tbsp worcestershire sauce	
	0.3 cup parsley fresh chopped	
	4 servings pepper black freshly ground to taste	
-		
Eq	uipment	
Ш	frying pan	
	pot	
Dir	rections	
	Start cooking the pasta: Get a large pot of salted hot water (1 tablespoon of salt for 2 quarts of water) heating and begin cooking the macaroni as per the directions on the macaroni package.	
	Brown the beef and onions: While the water is heating and macaroni cooking, prepare the sauce. In a skillet, brown the ground beef in a tablespoon of olive oil on high heat. Stir only infrequently so that the ground beef has an opportunity to brown.	
	When the beef has mostly browned, add the onions to the pan and toss to combine. Cook until the onions are soft, about 4-6 minutes.	
	Add seasonings, tomatoes:	
	Add the celery seed, a dash of crushed red pepper and seasoned salt.	
	Pour in canned tomatoes, add the Worcestershire sauce and stir to combine. Simmer for 5 minutes.	
	Add cooked pasta: Reserve a half cup of the pasta cooking water.	
	Mix in the drained and cooked macaroni and the parsley. Cook for another 5 minutes.	
	Add in some of the pasta water if the dish is too dry.	
	Add freshly ground black pepper and salt to taste.	
Nutrition Facts		
PROTEIN 16.42% FAT 32.74% CARBS 50.84%		

Properties

Flavonoids

Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.38mg, Isorhamnetin: 1.38m

Nutrients (% of daily need)

Calories: 810.81kcal (40.54%), Fat: 30.09g (46.29%), Saturated Fat: 10.36g (64.77%), Carbohydrates: 105.13g (35.04%), Net Carbohydrates: 98.56g (35.84%), Sugar: 10.8g (11.99%), Cholesterol: 80.51mg (26.84%), Sodium: 807.89mg (35.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 33.96g (67.93%), Vitamin K: 76.56µg (72.91%), Vitamin B12: 2.43µg (40.45%), Iron: 7.16mg (39.76%), Vitamin B3: 7.37mg (36.85%), Zinc: 5.4mg (35.99%), Vitamin B6: 0.7mg (35.21%), Vitamin C: 26.79mg (32.47%), Potassium: 1022.28mg (29.21%), Selenium: 18.42µg (26.32%), Fiber: 6.57g (26.29%), Phosphorus: 259.55mg (25.96%), Copper: 0.47mg (23.55%), Vitamin E: 3.5mg (23.3%), Manganese: 0.45mg (22.44%), Vitamin B2: 0.29mg (17.31%), Magnesium: 66.03mg (16.51%), Vitamin A: 752.88IU (15.06%), Vitamin B1: 0.22mg (14.7%), Vitamin B5: 1.17mg (11.72%), Calcium: 113.59mg (11.36%), Folate: 45.44µg (11.36%)