



## Texas Beef and Pasta Bake

READY IN



90 min.

SERVINGS



12

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz pasta uncooked
- 15 oz au jus mix refrigerated
- 1 tablespoon vegetable oil
- 2 large bell pepper red coarsely chopped
- 16 oz chili beans sauce with sauce canned
- 14.5 oz canned tomatoes diced organic undrained canned
- 10 oz enchilada sauce red canned
- 1 cup water
- 1 oz chili seasoning

- 8 oz cheddar cheese shredded
- 6 slices bacon crumbled cooked

## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil
- microwave
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package, using minimum cook time. Meanwhile, cook beef in microwave as directed on package; cool. Break roast into chunks.
- In 12-inch skillet, heat oil over medium heat. Cook bell peppers in oil 5 to 6 minutes, stirring occasionally, until crisp-tender.
- In 2-quart saucepan, mix chili beans, tomatoes, enchilada sauce, water and chili seasoning mix.
- Heat to simmering over medium heat; simmer uncovered 12 minutes or until thickened. Gently stir in bell peppers, beef and cooked pasta. Spoon into baking dish. Spray sheet of foil with cooking spray; place foil sprayed side down over baking dish.
- Bake 25 minutes. Uncover; sprinkle with cheese and bacon.
- Bake 2 to 4 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:7.62, Inflammation Score:-9, Nutrition Score:15.377826022065%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 258.41kcal (12.92%), Fat: 10.14g (15.61%), Saturated Fat: 4.48g (27.97%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 25.46g (9.26%), Sugar: 7.09g (7.88%), Cholesterol: 22.86mg (7.62%), Sodium: 858.06mg (37.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Vitamin A: 2446.03IU (48.92%), Vitamin C: 39.27mg (47.61%), Selenium: 21.69µg (30.98%), Phosphorus: 225.96mg (22.6%), Fiber: 4.72g (18.88%), Vitamin B6: 0.35mg (17.41%), Calcium: 169.81mg (16.98%), Manganese: 0.33mg (16.43%), Zinc: 2.14mg (14.25%), Vitamin B2: 0.23mg (13.66%), Potassium: 463.93mg (13.26%), Copper: 0.25mg (12.72%), Vitamin E: 1.9mg (12.68%), Iron: 2.25mg (12.51%), Magnesium: 49.15mg (12.29%), Vitamin B3: 1.85mg (9.26%), Folate: 35.81µg (8.95%), Vitamin K: 7.76µg (7.39%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.46mg (4.56%), Vitamin B12: 0.25µg (4.13%)