



# Italian Pasta Skillet

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~1 ¼ cups

## Ingredients

- 1 pound lean ground beef
- 1 tablespoon oil
- 1 medium red bell pepper, diced (about 1½ cups)
- 8 ounces mushrooms, roughly chopped
- 1 (24-ounce) jar marinara pasta sauce
- 2 cups water
- 8 ounces whole-wheat pasta, uncooked
- 1 cup shredded reduced-fat (2%) Italian cheese blend or cheddar cheese
- 5 ounces fresh spinach
- Optional toppings: Chopped basil, grated Parmesan cheese

## Directions

1. Heat a large Dutch oven or saucepan over medium-high heat.
2. Add the ground beef and cook until no longer pink.
3. Drain any excess fat from the pan.
4. Add the oil, bell pepper, and mushrooms.
5. Cook, stirring frequently, until the bell pepper and mushrooms are tender.
6. Stir in the marinara pasta sauce and water.
7. Increase the heat to high and bring to a boil.
8. Add the pasta. Stir, then return to a low boil.
9. Cook, stirring occasionally, until the pasta is tender, about 15 minutes.
10. Reduce the heat to low and add the spinach. Cook until the spinach is wilted.
11. Remove the pan from the heat and stir in the cheese until melted.
12. Serve warm, garnishing with chopped basil and/or grated parmesan cheese as desired.

**Nutrition Facts Per Serving: Calories: 360 | Total Fat: 11.5 g | Saturated Fat: 3.5 g  
Sodium: 540 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 6 g | Protein: 30.5 g**

Adapted from [accenthealth.com](http://accenthealth.com) | Submitted by Jessica Long MS, RDN, CD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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