

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Beef And Tomato Skillet *(Makes about 6 servings.)*

### Ingredients

- ½ lb. egg noodles, uncooked
- 1 lb. lean ground beef or ground turkey
- 1 onion, chopped
- 1 green pepper, chopped
- ¾ c. cheddar cheese reduced fat, shredded
- 1½ c. tomato juice
- 2 c. canned corn, drained

### Directions:

1. Cook egg noodles according to package directions. Drain well.
2. In a medium skillet, cook beef until no longer pink and cooked through.
3. Add onions and peppers and cook until soft, about 5 minutes.
4. Stir in tomato juice, corn, and cooked noodles, and cook until heated through.
5. Sprinkle with cheese and cook until cheese is melted.

Nutrition info: Serving size: 1 cup, Calories: 430, Total Fat: 15 g, Saturated Fat: 7 g, Cholesterol: 95 mg, Sodium: 430 mg, Total Carbohydrate: 44 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 31 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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