Dinner Tonight!

Beefy Sausage Zucchini Bake

1/2 pound ground sirloin (90% lean) 6 ounces tomato paste
1/2 pound light ground pork sausage 2 (15.5 ounce) cans diced tomatoes, Italian style
1 medium onion, chopped 4 cups sliced zucchini (1/2" thick), about 4 small
Salt and pepper to taste 1/4 cup freshly grated parmesan cheese
1/2 teaspoon garlic powder

In a skillet, brown beef, pork, and onion. Drain if needed. Add seasonings, tomato paste, and canned tomatoes. Simmer for 5 minutes. Stir in zucchini. Transfer mixture into a greased 9X13 baking dish. Bake at 350°F for 20 to 25 minutes or until bubbly. Remove from oven and sprinkle with grated parmesan.

Preparation Time: 25 minutes plus baking time
Serves: 6
Cost Per Serving: $1.97

Nutrition facts per serving
Calories: 254
Total Fat: 10 g
Total Carbohydrate: 10 g
Cholesterol: 31 mg
Sodium: 662 mg
Fiber: 4 g
Protein: 28 g

Serve with: tossed green salad, glazed carrots and garlic toast