Dinner Tonight!

Beef Italian Pasta

Ingredients:
1 ¾ cups uncooked penne pasta
1 pound lean ground beef
1 can (15 ounces) tomato sauce
1 can (14 ounces) low sodium beef broth
1 ½ teaspoons Italian seasoning
¼ teaspoon salt
¼ teaspoon pepper
2 cups chopped fresh spinach
2 cups shredded part-skim mozzarella cheese

Cook pasta according to package directions. Meanwhile in a skillet, cook beef over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, broth, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly thickened. Add spinach; cook for 1-2 minutes or until spinach has turned dark green. Drain pasta; stir into beef mixture. Sprinkle with cheese; cover and cook for 3-4 minutes or until cheese is melted. Yield: 4 servings

Nutrition facts per serving:
Calories: 205
Total Fat: 8g
Cholesterol: 41mg
Sodium: 530 mg
Total Carbohydrate: 18g
Protein: 23g
Fiber 8g