

# Cheesy Beef Skillet

**NUMBER OF SERVINGS: 4**

## Ingredients

- Fresh button Mushrooms 8 oz (250 g)
- Canola oil 1 Tbsp (15 mL)
- Onion, chopped 1
- Lean ground beef 0.5 lb (225 g)
- Mushroom Seasoning Blend 1 package (5 g)
- Salt ½ tsp (2.5 mL)
- Pepper ½ tsp (2.5 mL)
- All-purpose flour 2 Tbsp (30 mL)
- Low-sodium chicken broth 3 cups (750 mL)
- Extra broad egg noodles 6 cups (1.5 L)
- Sharp Cheddar cheese spread ½ cup (125 mL)
- Peas 1 cup (250 mL)
- Finely chopped parsley or chives 2 Tbsp (30 mL)

## Directions

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. Heat the oil in a large, nonstick skillet set over medium-high heat. Add the onion and cook for 3 minutes or until softened.
3. Add the mushrooms, ground beef, seasoning blend, salt and pepper. Cook, stirring often for 5 minutes.
4. Sprinkle the flour over the skillet; stir for 1 minute.
5. Pour in the broth and bring to a boil. Stir in the noodles. Cook, covered, for 7 minutes.
6. Stir in the cheese spread and peas. Cook, stirring often, for 5 minutes or until the noodles are tender and the sauce is thickened. Stir in the parsley. Serve immediately.

## NUTRITION PER SERVING

Calories 448 | Protein 30g | Fat 16g | Carbohydrates 44g | Fibre 5g | Sodium 668mg



Beef contains heme iron, which is easily absorbed and an important component of a nutrient-dense diet, which is key for the aging adult.



Instead of processing the mushrooms in a food processor, try leaving the mushrooms whole or cut in bite-sized pieces.



Rob is a Beef Farmer from Rockwood, ON. "As an Ontario Beef Farmer, I work to keep my beef cattle healthy in a pasture-based environment."

# Mains



Recipe  
and photo  
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