

Veggie, Beef and Pasta Bake

Preheat oven to 350°F (180°C)
13- by 9-inch (3 L) baking dish, greased

1 lb	lean ground beef	500 g
1 cup	sliced onions	250 mL
1 cup	diced zucchini	250 mL
2 tsp	minced garlic	10 mL
1	can (28 oz/796 mL) stewed or diced tomatoes, with juice	1
2 tbsp	sodium-reduced soy sauce	25 mL
½ tsp	crushed red pepper flakes	2 mL
2 cups	rotini or other spiral pasta	500 mL
1½ cups	shredded Cheddar cheese	375 mL

1. In a large nonstick skillet over medium-high heat, combine ground beef, onions, zucchini and garlic; cook for 8 to 10 minutes or until beef is no longer pink and vegetables are softened. Drain fat; pour beef mixture into greased 13- by 9-inch (3 L) baking dish. Set aside.
2. Meanwhile, drain juice from tomatoes into an 8-cup (2 L) microwave-safe measuring cup; add water to make 2 cups (500 mL). Coarsely chop tomatoes; add to measuring cup. Stir in soy sauce and red pepper flakes. Microwave on High for 5 minutes or until very hot. Stir in rotini.
3. Pour tomato-pasta mixture into baking dish and combine with meat mixture. Press pasta down to make sure it is submerged in the liquid. Bake in preheated oven, covered, for 20 minutes. Remove cover; stir gently and sprinkle with cheese. Bake, uncovered, for 15 to 20 minutes or until pasta is tender.

PER SERVING

Calories: 362

Dietary Fiber: 3 g Carbohydrate: 26 g

Fat: 17 g Protein: 25 g



SERVES 6

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Kathryn Papple

Here's a terrific recipe that makes a complete meal, with something from all the food groups! The pasta does not require any precooking, so you can save preparation and cleanup time.

TIP

If you are concerned about sodium, use sodium-reduced soy sauce instead of the regular variety. One tbsp (15 mL) regular soy sauce contains 1,037 mg sodium; the same amount of sodium-reduced soy sauce contains only 605 mg.

DIETITIAN'S MESSAGE

Crusty bread or a Mixed Herb Baguette (see recipe, page 45) is all that is needed to complement this dish, which includes all the food groups. If desired, add a tossed green salad for additional fiber.