

Illinois Extension



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Hamburger Skillet Dinner



Servings per Recipe: 4

Nutrition Facts
Calories : 320
Total Fat : 12 g
Sodium : 650 mg
Total Carbohydrate : 28 g
Dietary Fiber : 5 g
Protein : 27 g

Ingredients

- 1 pound ground beef, lean
- 1 small onion, chopped
- 1/2 cup water
- 1/4 cup low-sodium soy sauce
- 1 potato, peeled and sliced
- 1 large green pepper, cut into thin strips
- 1 cup celery, diced
- 2 cup cabbage, chopped
- 2 tomatoes, diced, or 1 can (15 oz.) diced tomatoes, drained
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder

Preparation

1. Wash hands with soap and water.
2. Before cutting, gently rub fresh produce under cold running water, then prepare as directed.
3. In a large skillet or pot brown beef and onion. Drain excess fat.
4. Add rest of ingredients to skillet or pot.
5. Cover and cook on high for 1-2 minutes.
6. Reduce heat and cook slowly (simmer) for 15 minutes.

Note: You can use ground turkey, chicken, pork or venison in place of the ground beef.

