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## CHEESY HAMBURGER SKILLET

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- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3 cloves garlic, minced
- 3 ounces reduced-fat cheddar cheese
- 1 pound lean ground beef or turkey
- 1 (14 oz.) can diced tomatoes, no salt added
- 1 Tablespoon dried thyme leaves
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

1. Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water. Set aside.
2. While macaroni cooks, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic.
3. Grate cheese.
4. In a large skillet over medium heat, add beef or turkey, bell pepper, onion, and garlic. Cook, crumbling the beef with a mixing spoon or spatula, until meat is no longer pink, about 15 minutes. In a colander, drain off fat.
5. Return meat mixture to skillet. Stir in macaroni, tomatoes with their juices, thyme, salt, and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5-7 minutes.

Serves 4, 2 cups per serving.

Recipe adapted from *Cooking Matters for Adults*.

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