

One Pot Hamburger Helper

6 SERVINGS 30 MINUTES



INGREDIENTS

2 tablespoons extra virgin olive oil
1 pound lean ground beef
1 medium yellow onion, chopped
kosher salt and black pepper
1 teaspoon chili powder
1 teaspoon paprika
1 teaspoon garlic powder
1 pound short cut pasta
1 zucchini, grated (about 1 cup grated)
2 cups low sodium beef broth
1 1/2 cups milk
1 1/2-2 cups shredded cheddar cheese
1 tablespoon ketchup
fresh parsley, for garnish

DIRECTIONS

1. In a large pot set over medium high heat, add the olive oil, onion and beef. Season with salt and pepper. Brown, breaking up the meat as you go, about 10 minutes. Stir in the chili powder, paprika, and garlic powder, cook another minute.
2. Add the pasta and zucchini and toss to coat, then pour in the broth and milk. Add the ketchup and stir to combine. Season with salt.
3. Bring to a gentle boil over medium high heat. Simmer 5-8 minutes until the pasta is al dente, stirring often.
4. Stir in the cheese and cook another few minutes until creamy.
5. Divide the pasta among bowls and top with fresh parsley. Enjoy!

