

Ingredients



1 pound (500g) lean ground beef
1 small onion, finely chopped
1 teaspoon paprika
1 teaspoon dried parsley
1 teaspoon garlic powder
pinch to 1/2 teaspoon cayenne powder
salt and pepper to taste
1 1/2 cups (355ml) milk
1 1/2 cups (355ml) beef broth
2 cups (260g) elbow macaroni, uncooked
1 (8oz) (227g) can tomato sauce
2 cups (225g) shredded cheddar cheese

Homemade Hamburger Helper



Instructions

- Heat a large skillet over medium heat. Brown the ground beef, onion, paprika, parsley, garlic powder, cayenne powder, salt and pepper. If using a ground beef with a higher fat content add in the seasonings after draining the grease.
- Stir in the milk, broth, macaroni and tomato sauce. Bring to a boil, cover and reduce heat to a simmer. Cook for 10-12 minutes or until pasta is tender. Stir occasionally to prevent sticking.
- Stir in cheddar cheese until melted.

RECIPE NOTES

- If using a whole wheat elbow pasta you may need to add in more liquid while cooking.
- This recipe is for elbow pasta if using another type of pasta you may need to adjust liquids.
- Nutrition Facts: Since different brands of ingredients have different nutritional information, the information shown is just an estimate.

