

10-Minute Beef Tetrazzini

Recipe Cookbook: Tupperware Recipes

Prep Time: 10 minutes

Cooking Time: 15-18 minutes

INGREDIENTS:

2 C Beef Mix (see recipe below)

1 1/4 C milk

One 10 3/4 oz can low-fat cream of mushroom soup, low-sodium

One 10 oz package frozen broccoli, thawed, chopped

1 C grated reduced-fat cheddar cheese

Salt & pepper, to taste

8 oz spaghetti, cooked/drained

DIRECTIONS:

1. In a TupperWave® 3-quart Casserole, combine Beef Mix, milk, soup, broccoli and 3/4 cup cheese. Microwave on High 8-10 minutes stirring once, till heated through.
2. Serve over cooked spaghetti & sprinkle with remaining cheese.

Beef Mix:

6 lbs lean ground beef

3 C carrots, chopped

3 C celery, chopped

3 C onions, chopped

3 C green bell peppers, chopped

1 tsp salt

1 1/2 tsp pepper

Directions:

1. In a Colander, set over a 3-quart Casserole, place about half the beef & vegetable mixture in a circle arrangement, leaving a hole in the center. Cover & microwave on High 8-10 minutes, stirring once or twice, to break up meat. Stir again & continue to microwave 5-8 minutes, till meat is no longer pink & vegetables are crisp/tender.
2. Drain & place in a bowl. Repeat procedure for remaining mixture & place in same bowl.
3. Mix can be refrigerated for 2-3 days. Beef Mix will make 6 main dish recipes of 4 servings each.

Serves: 4