

HOMEMADE HAMBURGER HELPER

 2 servings

 15 minutes

FAST AND DELICIOUS SALAD FOR THE WHOLE FAMILY



DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
3. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex. lentesque habitant morbi tristique. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex.
4. Habitant morbi tristique. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex.
5. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
6. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex. lobortis porta leo. Donec dictum lectus in ex.
7. rbi tristique. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex.

INGREDIENTS

- 2 tbsp oil
- 1 large onion, diced
- 2 cups vegetables of your choice, finely diced or grated
- 1 lb ground beef to turkey
- salt and pepper tp taste
- 1.5 tsp garlic powder
- 1 tsp chili powder
- 1 tsp paprika
- 2 tbsp tomato paste or 6 tbsp tomato sauce
- 3 cups spinach, chopped
- 8oz elbow/small pasta
- 3 cups broth
- $\frac{3}{4}$ c plain yogurt or milk
- 1 cup shredded cheese

NOTES

Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant.