

## Creamy Sirloin Pasta

### Ingredients

Serving size 1 ½ cup

Calories 557 calories Protein 50 g Carbs 54 g Fat 11g

- 1 yellow onion
- 602g shaved sirloin
- 1 tsp Garlic powder
- 1tbs Chili Powder
- 2 tsp paprika
- 1tsp salt
- 1 tsp pepper
- 3 tablespoons tomato paste
- 4 cups bone broth
- 1 box protein pasta
- 1 7 ounce bag FF mozzarella or cheddar cheese
- 200 G Fat Free Greek yogurt

### Directions



1. Dice onion
2. Lightly oil and heat pan over medium high heat.
3. Brown onion and beef adding all spices.
4. Drain and return to pan, add tomato paste and mix well to combine
5. Add broth and bring to a boil. Once boiling, add protein pasta and cook until done.
6. Once cooked and liquids are gone, reduce heat and add shredded cheese, yogurt, and stir.
7. Portion out and enjoy. Makes 6 servings

Ingredient	Serving	Calories	Carbs	Fat	Protein
Shaved sirloin	612g	900	7	56	126
Protein pasta	1 box	1330	266	7	70
Beef Broth	4 cups	40	4	0	8
Onion & Pepper	1 Bag	140	28	0	7
FF Cheese	1 bag	315	14	0	63
Fage 0%	200g	106	6	0	21
Total		2831	325	63	295
Per serving (6)	1.5 Cup	472	54	11	50