

## Hamburger helper

### Ingredients

- 1 yellow onion
- 2 lbs lean ground turkey
- 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 cheddar cheese
- 200 G Fat Free Greek yogurt



### Directions

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

Ingredient	Serving	Calories	Carbs	Fat	Protein
Lean Ground Beef	2lbs	1530	0	72	207
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		3461	318	88	376
Per serving (6)	1.5 Cup	576	53	15	63