

Skillet Beef and Macaroni

Beef is rich in high-quality protein, Vitamin B12, and Iron. Therefore, it may improve muscle growth and maintenance, as well as exercise performance.

Ingredients

- 1 large onion, diced
- 1 tablespoon of your choice of oil
- 1 can of beef
- 1 box of macaroni and cheese
- 1 cup shredded mozzarella cheese (optional)
- 3 tablespoons tomato paste (optional)
- Optional seasonings: black pepper, oregano, cumin, chopped garlic, chili powder, salt

Instructions

- Step 1 - Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 7 minutes.
- Step 2 - Add 1 can of beef and season with any seasonings you choose. Heat it over medium heat until it reaches your desired temperature, about 5-10 minutes. Stir occasionally to ensure even heating. Drain fat.
- Step 3 - Cook macaroni and cheese according to package instructions and set aside. Add tomato paste and stir to coat the macaroni. Stir in shredded mozzarella cheese until melted.
- Step 4 - Combine beef with the macaroni and cheese, then serve.

Notes

- Seasoning, tomato paste, and mozzarella cheese are optional ingredients that can be incorporated to achieve your desired flavor.

Skillet Beef and Macaroni

Beef is rich in high-quality protein, Vitamin B12, and Iron. Therefore, it may improve muscle growth and maintenance, as well as exercise performance.

Ingredients

- 1 large onion, diced
- 1 tablespoon of your choice of oil
- 1 can of beef
- 1 box of macaroni and cheese
- 1 cup shredded mozzarella cheese (optional)
- 3 tablespoons tomato paste (optional)
- Optional seasonings: black pepper, oregano, cumin, chopped garlic, chili powder, salt

Instructions

- Step 1 - Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 7 minutes.
- Step 2 - Add 1 can of beef and season with any seasonings you choose. Heat it over medium heat until it reaches your desired temperature, about 5-10 minutes. Stir occasionally to ensure even heating. Drain fat.
- Step 3 - Cook macaroni and cheese according to package instructions and set aside. Add tomato paste and stir to coat the macaroni. Stir in shredded mozzarella cheese until melted.
- Step 4 - Combine beef with the macaroni and cheese, then serve.

Notes

- Seasoning, tomato paste, and mozzarella cheese are optional ingredients that can be incorporated to achieve your desired flavor.

