

# HEALTHY GROUND MEAT AND BEAN

- 2 pounds of ground meat (turkey or beef)
- 1 pound elbow macaroni (or any other shape)
- 1 can beans, drained and rinsed (great northern, black, red or any other bean)
- 1 jar marinara (or 28 oz. can of any flavor or tomato based sauce)
- 1 onion, chopped
- 1 sweet potato, diced
- 2 stalks of celery, chopped
- 1-2 cups frozen peas or any mixed vegetable

For more recipe ideas go to  
[jvcbaltimore.org/casserole-recipes](http://jvcbaltimore.org/casserole-recipes)

1. Boil large pot of water and cook pasta according to package directions, then drain.
2. In large skillet, sauté onion, celery and sweet potato in 1 TBSP olive oil.
3. When onion starts to brown, add ground meat and cook until no longer pink. Season with salt and pepper.
4. Mix all ingredients in a large bowl and add jar of sauce.
5. Divide mixture into two 9x13 pans and bake for 30-45 minutes at 350.
6. Cover with aluminum foil and add label that says type of casserole and key ingredients. Freeze.

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