



One Pot Beef Skillet Recipe

Ingredients:

1 lb Lean ground beef
½ Cups water
1 Cup salsa
1 Can of low sodium tomato soup
1 Cup frozen kernel corn
1 Cup sliced carrots
1 Cup sliced onion
1 Cup sliced mushrooms
½ Cup low-fat cheddar cheese
½ Clove garlic, crushed
2 Tbsp. onion flakes

To prepare:

In a large skillet, brown the ground beef over medium heat.

Add water, salsa, soup and kernel corn; cook for 5 minutes.

Add carrots, onions and mushrooms and cook another 5 minutes.

Sprinkle with cheddar cheese, crushed garlic and onion flakes, and then stir before serving.

Serve alongside a baked sweet potato if extra [carbs](#) are required.

Per serving (makes 6):

Calories: 309

Carbs: 22g

Fat: 12.6g

Protein: 26.8g