

## **Pasta and Meatball Stew**

Pillsbury Best One Dish Meals - February - 2011

**Servings: 4**

**Preparation Time: 40 minutes**

**Start to Finish Time: 40 minutes**

**2 tablespoons fat-free skim milk**

**1 egg white**

**1/2 pound lean ground turkey or extra-lean ground beef**

**1/4 cup plain bread crumbs**

**1/4 teaspoon poultry seasoning**

**1/8 teaspoon pepper**

**2 cups water**

**2 cups fat-free tomato pasta sauce**

**1/2 cup green bell pepper, chopped**

**1 jar (2.5 oz) sliced mushrooms, drained**

**1 2/3 cups (5 oz) radiatore pasta (nuggets), uncooked**

**2 tablespoons Parmesan cheese, grated**

Preheat the oven to 450 degrees.

In a medium bowl, mix the milk and egg white.

Stir in the turkey, bread crumbs, poultry seasoning and pepper.

Shape into 1-inch balls.

Place the meatballs in an ungreased 15x10-inch pan.

Bake about 10 minutes or until lightly browned and thoroughly cooked.

In a 4-quart saucepan, heat the water, pasta sauce, bell pepper and mushrooms to boiling. Stir in the pasta.

Reduce the heat. Simmer about 15 minutes, stirring occasionally, until the pasta is done to the desired point.

Stir in the meatballs and heat until hot.

Sprinkle individual servings with Parmesan cheese.

---

Per Serving (excluding unknown items): 25 Calories; 1g Fat (29.1% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 65mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.