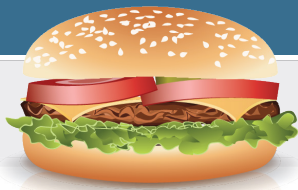


EASY CHEESEBURGER SKILLET



September 18

National Cheeseburger Day



INGREDIENTS

- ½ Teaspoon Olive Oil
- 1 Pound Ground Beef (10% fat or less)
- ¼ Cup Diced Onion
- 1 Tablespoon Worcestershire Sauce
- ½ Teaspoon Dried Thyme
- ½ Teaspoon Dried Basil
- ½ Teaspoon Salt
- 2 Cups Orzo Pasta (enriched or whole grain rich)
- 4 Cups Beef Broth
- 1½ Teaspoons Mustard
- ⅓ Cup Diced Pickles
- 1½ Cups Shredded Cheddar Cheese
- 1 Roma Tomato (chopped)

DIRECTIONS

1. Heat olive oil over medium heat in a large, deep, ovenproof skillet. Add ground beef. Crumble and cook the beef until browned. Stir in onions and cook another 1-2 minutes or until soft. Stir in Worcestershire sauce, thyme, basil and salt. Add orzo to skillet and cover with beef broth.
2. Bring broth to a boil and then reduce heat and simmer until the liquid has been absorbed, about 12-15 minutes. Stir in mustard and pickles.
3. Preheat broiler. Place skillet under broiler for just a minute or until cheese has melted. Remove and top with freshly chopped tomatoes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup