

**BEEF**  
IT'S WHAT'S FOR DINNER.®



# DINNER AND DESSERT FOR UNDER 500 CALORIES

Trying to meet those calorie goals without, you know, feeling hungry all the time or turning to snacks that taste like cardboard? Here's a meal that tastes amazing, fills you up and even satisfies your sweet tooth along the way. The protein in lean beef helps keep you full longer, and this balanced meal is fiber-rich due to vegetables like spaghetti squash and spinach.

## Recipe for Meat Sauce (makes 4 servings)

- 1 pound Ground Beef (93% lean or higher)
- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 can (14.5 ounces) Italian-style diced tomatoes
- 1 can (6 ounces) tomato paste
- ¼ to ½ teaspoon crushed red pepper

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## Ingredients for this dish

- 1 cup cooked meat sauce
- 1.5 cups cooked spaghetti squash
- 2 cups fresh spinach, chopped
- basil leaf, for garnish

## Ingredients for dessert

- ½ cup nonfat greek yogurt
- ¼ cup fresh blackberries

**This Meal is High in**

- Protein 46.6g (93.2% DV)**
- Fiber (45.7% DV)**
- Iron (60.0% DV)**
- Potassium (36.8% DV)**
- B12 (116.7% DV)**
- Zinc (67.3% DV)**

**Nutrition Information Per Serving;** 482 Calories; 9.0g Total Fat (3.5g Sat Fat; 0.2g Trans Fat; 0.8g Polyunsaturated Fat; 3.4g Monounsaturated Fat); 92mg Cholesterol; 948mg Sodium; 58g Total Carbohydrate; 12.8g Dietary Fiber; 29g Total Sugars; 0g Added Sugars; 46.6g Protein; 366.4mg Calcium; 10.8mg Iron; 1730mg Potassium; 0mcg Vitamin D; 0.3mg Riboflavin; 9.7mg NE Niacin; 0.8mg Vitamin B6; 2.8mcg Vitamin B12; 488.5mg Phosphorus; 7.4mg Zinc; 24.5mcg Selenium; 133mg Choline.



Funded by Beef Farmers and Ranchers