

Homemade Hamburger Helper Skillet

An easy skillet dinner has been given a healthy upgrade, but yet still comes together in one pan, making this homemade hamburger helper a perfect weeknight meal.

4.1 from 10 votes

Course: Main Course Cuisine: American Keyword: American Goulash, Homemade Hamburger Helper
Prep Time: 2 minutes Cook Time: 20 minutes Total Time: 22 minutes Servings: 6 Calories: 358kcal
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Ingredients

- 1 pound ground sirloin or turkey
- 6 ounces tomato paste
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 8 ounce can of tomato sauce
- 3 1/2 cups low-sodium beef broth
- 2 cups dried whole wheat elbow macaroni noodles
- 1 teaspoon Worcestershire sauce

Instructions

1. Heat a large skillet over medium-high heat. Add in the meat and brown up, breaking up into small pieces. Once meat is cooked, drain off any fat and return to heat.
2. Add tomato paste and seasonings. Cook for 2 minutes to develop flavor. Add in tomato sauce and beef broth and bring to a boil.
3. Add in noodles and turn down to medium heat. Cook for 10-12 minutes, stirring occasionally, or until noodles cooked through and sauce is absorbed.
4. Stir in Worcestershire sauce and serve.

Notes

- Homemade Hamburger Helper will last in the fridge for 3 days and can be frozen for up to 3 months.
- If you don't have Worcestershire Sauce, you can use soy sauce or fish sauce for a rich finish as well.
- Feel free to sub out ground turkey, pork or chicken for the beef in this hamburger skillet recipe.
- For a **Gluten Free Version of Hamburger Helper**, it is best to use Barilla Gluten-Free Noodles--most gluten-free noodles brands give off too much starch to cook in the sauce. I have used Barilla brand many times with great success.

Nutrition Facts

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Amount Per Serving

Calories 358 Calories from Fat 108

% Daily Value*

Fat 12g	18%
Saturated Fat 4g	25%
Cholesterol 51mg	17%
Sodium 920mg	40%
Potassium 761mg	22%
Carbohydrates 37g	12%
Fiber 2g	8%
Sugar 3g	3%
Protein 23g	46%
Vitamin A 350IU	7%
Vitamin C 3mg	4%
Calcium 27mg	3%
Iron 2.7mg	15%

* Percent Daily Values are based on a 2000 calorie diet.



I would love to know how you enjoy this recipe!

Snap a picture and tag [#amindfullmom](#) on Instagram or Facebook - I would love to see!

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