

# Beef and Hominy Skillet

**Makes:** 4 Servings

Low sodium, canned hominy is combined with ground beef and tomatoes for a simple but satisfying dish made in a skillet. Serve this dish with more vegetables or a salad

## Ingredients

**1 1/2 pounds** ground beef

**1 3/4 cups** low-sodium hominy (15 ounce can)

**2 cups** fresh tomatoes, diced or chopped (or 1 can, 15/12 ounces tomatoes, diced)

**1 can** tomato sauce (15 1/2 ounces)

salt and pepper (to taste)

## Directions

1. In a large skillet brown ground beef until cooked thoroughly. Drain fat.
2. Mix all ingredients together in the skillet and bring to a boil.
3. Reduce heat to low-medium heat, cover pan, and cook for about 1 hour or until most of liquid is gone.

## Notes

Tip: Serve with vegetables or a salad

**Source:** Recipe adapted from Food.com

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>485</b>
<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	7 g
Cholesterol	102 mg
<b>Sodium</b>	<b>213 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	5 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>35 g</b>
Vitamin D	N/A
Calcium	88 mg
Iron	5 mg
Potassium	N/A
N/A - data is not available	

