



Super-Sized Ground Beef



1/4th of recipe (about 1 cup): 169 calories, 5g total fat (2g sat fat), 220mg sodium, 5g carbs, 1g fiber, 2.5g sugars, 25g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

1 lb. raw extra-lean ground beef
2 cups finely chopped mushrooms
1 cup finely chopped onion

Seasonings:

1/4 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add all ingredients and seasonings. Cook and crumble for 6 - 8 minutes, until beef is fully cooked and veggies have softened.

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.