



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

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

More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.