

Ground Beef with String Beans and Mashed Potatoes

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-string-beans-and-potatoes-recipe>

Ingredients:

- 2 potatoes medium
- salt
- 1/4 cup milk
- 1 teaspoon butter
- ground black pepper
- 300 grams ground beef
- cooking oil spray
- 3/4 cup frozen string beans
- 10 3/4 ounces cream of chicken canned
- 1/2 cup cheddar cheese grated

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 50 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 7 grams
8. Sodium: 570 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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