

Ninja Foodi Mostaccioli

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/ninja-foodi-swiss-steak-recipe>

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup diced onions
- 1 pound lean ground beef
- 1/2 pound ground beef
- ground beef
- ground chicken
- 1 tablespoon garlic minced
- 1 teaspoon sugar
- 1 tablespoon Italian seasoning
- 1/2 teaspoon red pepper flakes
- red pepper flakes If you prefer, you can omit the, . It gives a nice little kick to the dish though!
- 2 cans beef broth 29 ounces total
- 1 cup water
- 1 pound noodles dried mostaccioli
- 2 cups mozzarella cheese

Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 250 milligrams
4. Fat: 33 grams
5. Fiber: 6 grams
6. Protein: 66 grams
7. SaturatedFat: 14 grams
8. Sodium: 1200 milligrams
9. Sugar: 5 grams
10. TransFat: 0.5 grams

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