

Hamburger Helper Recipes

“Original” Hamburger Helper

1 pound box macaroni, prepared
1 pound hamburger, textured vegetable protein, or “Veggie Crumbles”
1 small onion, chopped fine
1 can reduced fat, reduced sodium cream of mushroom soup; mixed with ½ can of low fat milk and 1 teaspoon ground thyme

Brown the meat (if using meat substitute, simply defrost) and drain. Then add onion, soup, milk and thyme. Next, add macaroni and mix all ingredients well then place in a lightly greased 9x13 oven proof pan. Bake at 350 degrees until warmed through, approximately ½ an hour. Finally, sprinkle with 1 cup sharp, shredded cheddar cheese, and return to oven to melt cheese.

“Pizza” Hamburger Helper

1 pound box macaroni, prepared
1 pound hamburger, textured vegetable protein, or “Veggie Crumbles”
2 14 oz cans of crushed tomatoes with Italian seasoning
1 small onion, chopped fine
1 bell pepper, chopped fine
1 cup mozzarella cheese, shredded, divided in 2

Brown the meat (if using meat substitute, simply defrost) and drain. Then add tomatoes, onion, peppers, and ½ the cheese. Next, add macaroni and mix all ingredients well then place in a lightly greased 9x13 oven proof pan. Bake at 350 degrees until warmed through, approximately ½ an hour. Finally, sprinkle with remaining cheese, and return to oven to melt cheese.