

# Healthy Harvest® Pasta Sauce Firehouse Cheeseburger Rotini Skillet

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Preparation Time: 5 minutes

Cooking time: 15 minutes

Servings: 4 to 6



Don't hold the mustard... just hold the bun! This skillet supper will soon be your family's new fun way to enjoy your favourite cheeseburger flavours.

## Ingredients

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1 jar  
(570 mL) **Healthy Harvest® Pasta Sauce, Arrabbiata**

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1 pkg  
(375 g) **CATELLI SMART® Rotini**

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1 lb  
(500 g) lean ground beef

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1 cup  
(250 mL) diced sweet onion

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1/4 cup  
(60 mL) yellow mustard

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1 tbsp  
(15 mL) each ketchup and Worcestershire sauce

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2 cups  
(500 mL) grated Cheddar cheese

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Diced tomatoes, sweet onion and dill pickles  
(optional)

## Instructions

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1. Cook rotini according to package directions; drain well.
  2. Meanwhile, brown beef with onion in a large, deep skillet set over medium-high heat. Stir in pasta sauce, mustard, ketchup and Worcestershire. Cook for 5 minutes.
  3. Stir in rotini and Cheddar cheese until hot and melted. Garnish with tomato, onion and pickles before serving.
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Tips:

- For an ultra-indulgent dish, sprinkle the top with extra Cheddar cheese and crumbled cooked bacon along with the tomato, onion and pickles.

Nutritional Information per serving (1/6th recipe or 1 1/2 cups/375 mL):

615 calories, 26 g fat, 12 g saturated fat, 790 mg sodium, 61 g carbohydrates, 8 g fibre, 11 g sugars, 35 g protein.

Excellent source of folate, thiamin, calcium, iron and zinc. Good source of vitamin A and riboflavin.



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