



## Beefy Macaroni & Cheese

Makes: 4 (1 cup) servings  
 Preparation Time: 10 minutes  
 Cooking Time: 15-20 minutes

### Ingredients

- 3/4 lb ground beef
- 1½ cups water
- 1 cup uncooked macaroni
- 1 (15 ounce) can diced tomatoes, un-drained
- ½ cup *Eating Smart Seasoning Mix*
- ½ cup grated cheese
- Salt to taste

### Directions

1. Brown beef in a large skillet. Drain.
2. Add water, macaroni, tomatoes, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 15-20 minutes or until macaroni is tender.
4. Remove from heat and add ½ cup grated cheese.
5. Salt to taste.
6. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup (330g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 180</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 1g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	
<b>Protein 34g</b>	

*Be Creative!*  
 Add chopped cooked onion and bell pepper.

*Eat Smart: Build Strong Bones!*



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