

Chili Tomato Macaroni

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

Ingredients:

3/4 lb ground beef
 1½ cups water
 1 cup uncooked macaroni
 1 (15 ounce) can diced tomatoes, un-drained
 2 teaspoons mild chili powder
 ½ cup *Eating Smart Seasoning Mix*

Directions:

1. Brown 3/4 pound beef in a large skillet, and then drain the fat.
2. Add water, macaroni, tomatoes, chili powder, and seasoning mix. Stir.
3. Bring to boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender.
4. Taste, and then add a small amount of salt if needed.
5. Refrigerate leftovers.

Be Creative!

Add chopped, cooked green pepper.

Eat Smart: Vary Your Veggies!



Nutrition Facts	
Serving Size 1 Cup (201g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 900mg	38%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 3g	

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