



A Nutrition Resource

# CHILI TOMATO BEEFY MACARONI

**Yield: 4 Servings | Serving Size: 1 cup**

**Cost/Serving: \$1.64**

**Ingredients:**

- 3/4-pound ground beefy
- 1 1/2 cups water
- 1 cup uncooked macaroni
- 1 (15-ounce) can diced tomatoes, not drained
- 2 teaspoons chili powder (optional)
- 1/2 cup Eating Smart Being Active *Let's Cook!* cookbook\*
- Salt to taste
- 1/2 cup shredded cheddar cheese

**Directions:**

- 1) Collect, shred, and measure all ingredients before starting to prepare the recipe.
- 2) Brown ground beef over medium heat in a large skillet. Remove the skillet from the heat. Remove excess fat by pushing the beef to one side, then tilting the skillet in the opposite direction so the liquid fat pools away from the beef. Use a large spoon to remove the liquid fat from the pan. Discard the fat in the trash can.
- 3) Put the skillet back on the heat. Add water, macaroni, tomatoes, chili powder (if using), and seasoning mix to the skillet, and combine with the beef.
- 4) Bring to a boil, then reduce heat to low, cover, and simmer for approximately 20 minutes or until macaroni is tender.
- 5) Taste and add a small amount of salt if desired.
- 6) Top with shredded cheddar cheese. Put the lid back on for 1 minute until the cheese is melted.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 Cup (322g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>360</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 1g	
<b>Cholesterol</b> 70mg	<b>24%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	<b>48%</b>
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 598mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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**Be creative!** Try using whole grain pasta. Add chopped vegetables such as green pepper or onion in step #3.

**\*Eating Smart Seasoning Mix**

Makes: 2 1/2 cups

Preparation Time: 10 minutes

**Ingredients**

- 1 1/4 teaspoons black pepper
- 1 Tablespoon garlic powder
- 2 Tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dry milk

**Directions**

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Mix all ingredients in a small bowl.
- 3) Store in an airtight container.
- 4) Use in the Chili Tomato Beefy Macaroni recipes indicated.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

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