



EATING SMART  
BEING ACTIVE

## Chili Tomato Beefy Macaroni

Makes: 4 servings (1 cup per serving)

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

### **Ingredients**

¾ pound ground beef

1 ½ cups water

1 cup uncooked macaroni

1 (15 ounce) can diced tomatoes, not drained

2 teaspoons chili powder (optional)

½ cup *Eating Smart Seasoning Mix* from the *Eating Smart • Being Active Let's Cook!* cookbook\*

Salt, to taste

2 ounces cheddar cheese, shredded (½ cup shredded)

### **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.

\* This *Eating Smart Seasoning Mix* is used in two recipes in the *Eating Smart • Being Active Let's Cook!* cookbook. Store any leftover mix in a sealable plastic bag or container in a cabinet with other spices until ready to use.

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

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



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Go Lean with Protein*