Chili Tomato Macaroni
    Makes 4 – 1 cup servings

Ingredients:
    3/4 pound of lean ground beef
    1 ½ cups water
    1 cup uncooked macaroni
    1 15 ounce can diced tomatoes, undrained
    2 teaspoons chili powder
    ½ cup Eating Smart Seasoning Mix

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

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.