Chili Tomato Macaroni

Makes 4 – 1 cup servings

Ingredients:
- 3/4 pound of lean ground beef
- 1 1/2 cups water
- 1 cup uncooked macaroni
- 1 15 ounce can diced tomatoes, undrained
- 2 teaspoons chili powder
- 1/2 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.

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