Easy Skillet
Makes 6 servings

Ingredients:

- ¾ pound lean ground beef
- 1 cup onion, chopped
- ½ cup green pepper, chopped
- ½ cup uncooked elbow macaroni
- 1 14 ounce can no-salt added diced tomatoes
- ½ teaspoon salt, if desired
- 1 teaspoon chili powder
- ½ cup water

Directions:

1. In a frying pan, brown meat and drain off fat.
2. Add onion and green pepper, cook until tender.
3. Once meat is cooked, stir in the macaroni, tomatoes, salt if desired, chili powder and water. Cover and simmer until macaroni is tender.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006