



Try it “Tuesdays”



Beefy Macaroni & Cheese

Makes: 4 (1 cup) servings

Preparation Time: 10 Minutes

Cooking Time: 15-20 minutes

Nutrition Facts

Serving Size 1 cup (330g)
Servings Per Container 4

Amount Per Serving

Calories 440 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

 Saturated Fat 9g **45%**

 Trans Fat 1g

Cholesterol 90mg **30%**

Sodium 380mg **16%**

Total Carbohydrate 31g **10%**

 Dietary Fiber 2g **8%**

 Sugars 9g

Protein 34g

Ingredients

3/4 lb ground beef

1 1/2 cups water

1 cup uncooked macaroni

1 (15 ounce) can diced tomatoes, undrained

1/2 cup *Eating Smart Seasoning Mix*

1/2 cup grated cheddar cheese

Directions

Brown beef in a large skillet, drain the fat. Add water, macaroni, tomatoes, and seasoning mix. Stir. Bring to a boil, reduce heat to low and simmer covered for 15 to 20 minutes or until macaroni is tender. Remove from heat and add 1/2 cup grated cheese. Taste: then add a small amount of salt if needed. Refrigerate leftovers.

Be creative! Add chopped cooked onion and bell pepper.

