



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.

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



EATING SMART
BEING ACTIVE

Macarrones con salsa de carne, tomate y chile

Rinde: 4 porciones (1 taza por porción)
Tiempo de preparación: 10 minutos
Tiempo de cocción: 25 a 30 minutos

Ingredientes

¾ libra de carne de res molida
1 ½ tazas de agua
1 taza de macarrones sin cocinar
1 lata (15 onzas) de tomates cortados en cubo, sin drenar
2 cucharaditas de chile en polvo (opcional)
½ taza de *sazonador Coma bien* del libro de cocina *Coma bien • Manténgase activo**
Sal a gusto
2 onzas (½ taza) de queso cheddar rallado

Preparación

8. Reunir, rallar y medir todos los ingredientes antes de comenzar a preparar la receta.
9. Dorar la carne molida en una sartén grande a fuego mediano. Retirar la sartén del fuego. Ecurrir el exceso de grasa haciendo a un costado la carne e inclinando la sartén para escurrir la grasa en el lado opuesto. Retirar la grasa con una cuchara grande. Desechar la grasa en el bote de basura.
10. Volver a colocar la sartén sobre el fuego. Agregar el agua, los macarrones, los tomates, el chile en polvo (si va a usar) y el sazónador a la sartén. Mezclar con la carne.
11. Dejar hervir. Luego disminuir el fuego, tapar la sartén y seguir cocinando aproximadamente 20 minutos o hasta que los macarrones estén tiernos.
12. Probar, agregar una pequeña cantidad de sal si es necesario.
13. Cubrir con queso cheddar rallado. Volver a tapar la sartén durante 1 minuto hasta que se derrita el queso.
14. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

* El *Sazonador Coma bien* se utiliza en dos recetas del libro de cocina ¡A cocinar! del programa *Coma bien • Manténgase activo*. Guardar las sobras del sazónador en una bolsa plástica hermética o en un envase en la alacena junto con otros condimentos hasta volver a usar.

¡Sea creativo! Pruebe con pasta integral. Agregue vegetales picados como pimienta verde o cebolla en el paso #3.

Nutrition Facts

4 servings per container	
Serving size	1 Cup (322g)
Amount Per Serving	
Calories	360
	<small>% Daily Value*</small>
Total Fat 18g	23%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 70mg	24%
Sodium 340mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 598mg	15%
<small>*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.</small>	



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