

Beefy Macaroni and Cheese

Rating: ★★★★★

Makes: 4 Servings

Ingredients

- 3/4 pound ground beef
- 1 1/2 cups water
- 1 cup macaroni, uncooked
- 1 can diced tomatoes, canned, undrained (1 can)
- 8 Servings [Eating Smart Seasoning Mix](#)
- 1/2 cup shredded cheese
- salt (optional, to taste)

Directions

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

Notes

- Swiss cheese used in nutrition analysis and costing.

Colorado State University and University of California at Davis. Ea

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	382	
Total Fat	15 g	23%
Protein	27 g	
Carbohydrates	35 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	7 g	35%
Sodium	408 mg	17%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1 ounce
Protein Foods	2 ounces
Dairy	3/4 cup