



Chili Tomato Macaroni

Servings: 4
Serving Size: 1 cup

Ingredients:

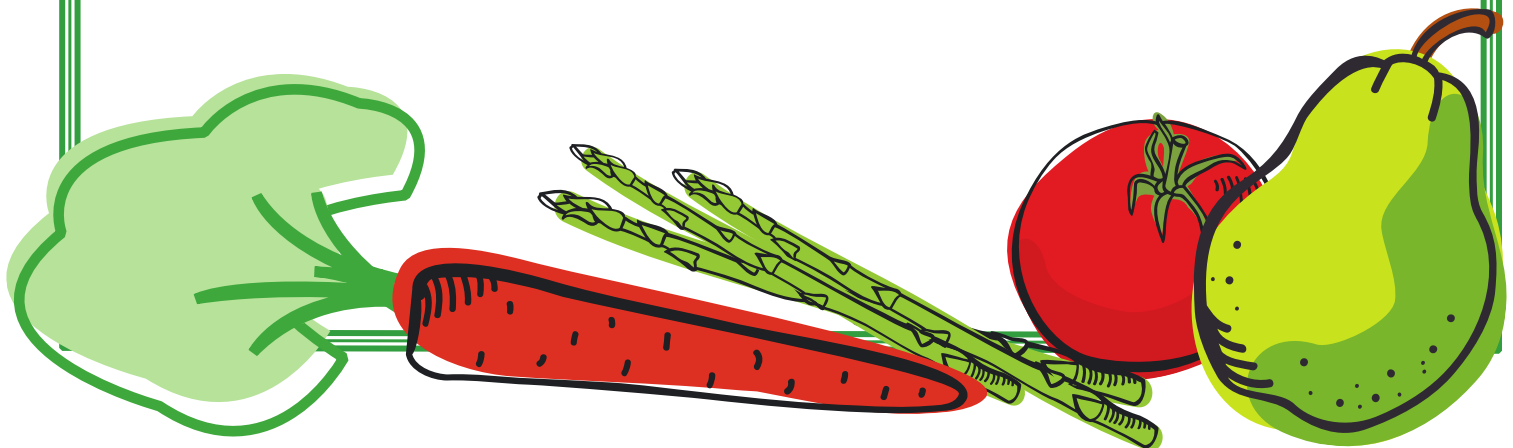
- ¾ pound lean ground beef
- 1½ cups water
- 1 cup uncooked macaroni
- 1 (15 ounce) can diced tomatoes
- 2 teaspoons mild chili powder
- ½ cup low-sodium Italian seasoning

Directions:

1. Brown beef in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes, chili powder, and seasoning. 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. Serve immediately.
5. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 cup		Servings Per Container 4	
Amount Per Serving			
Calories 220	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 45mg			15%
Sodium 310mg			13%
Total Carbohydrate 25g			8%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 21g			
Vitamin A 20%		Vitamin C 30%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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