

Chili Tomato Macaroni

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 4 Servings

You don't have to use salt in this macaroni, tomato, and beef dish seasoned with the Eating Smart Seasoning Mix.

Ingredients

3/4 pound ground beef, 85% lean

1 1/2 cups water

1 cup macaroni, uncooked

1 can diced tomatoes, drained (15 ounces)

2 teaspoons chili powder, mild

8 Servings [Eating Smart Seasoning Mix](#)

salt (optional, to taste)

Directions

1. Brown ground beef in a large skillet, drain the fat.
2. Add water, macaroni, tomatoes, chili powder, and seasoning mix. 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. Taste; add a small amount of salt if needed.
5. Refrigerate leftovers.

Nutrition Information

Nutrients	Amount
Calories	329
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	56 mg
Sodium	374 mg
Total Carbohydrate	36 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars included	1 g
Protein	24 g
Vitamin D	40 IU
Calcium	153 mg
Iron	4 mg
Potassium	668 mg

N/A - data is not available

MyPlate Food Groups

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

Notes

Learn more about [tomatoes](#).

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.