

Skillet Chili Mac

Entrée

Serves 8

Prep time: 5 minutes

Cook time: 30 minutes

Round up the family for this hearty skillet meal. Serve with vegetables and Milk Chocolate Pudding for a special dessert.

Ingredients

- 1 teaspoon vegetable oil
- 1/2 cup onion, diced
- 3/4 pound lean ground beef (5% fat)
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 15-ounce can pinto beans, undrained
- 1 15-ounce can diced tomatoes, undrained
- 1 cup water
- 1 cup whole wheat macaroni, uncooked
- 1 cup shredded Cheddar or Monterey Jack cheese (3 ounces), divided

Preparation

Heat a 10-inch skillet over medium-high. Add oil and onion and cook until onion softens, about 3 minutes. Add ground beef and break apart until crumbled. Cook beef until browned, about 5 minutes.

Add chili powder and cumin; stir. Add beans with liquid, tomatoes with liquid, water and macaroni; stir. Bring to a simmer, then cover. Continue to simmer for 15 minutes.

Remove from heat and top with shredded cheese and let melt for 5 minutes.

Option: Serve with chopped cilantro, minced onion and lowfat sour cream, if desired.

Nutrition Information

Per serving: 415 calories, 12 g total fat, 6 g saturated fat, 200 mg sodium, 42 g carbohydrates, 8 g fiber, 33 g protein, 250 mg calcium

Provided by:
Nutrition Education Services/Oregon Dairy Council
www.oregondairycouncil.org



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.