

Spicy Macaroni Meal

Kids will love cooking AND eating this easy dish!



Level: Medium

Serves 6

Kids' Tool Kit

Skillet
Strainer 
Measuring spoons
Measuring cups
Wooden spoon
Covered skillet
Knife
Cutting board

Ingredients:

1 pound ground beef or turkey
1/2 cup onion, chopped
1/2 cup chopped green pepper
2 teaspoons ground cumin
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper
2 cups tomato juice
2 cups water
1 1/2 cups uncooked elbow macaroni



Directions:

Remember to wash your hands!

1. Brown meat, onion, and green pepper in a large skillet. Drain fat.
2. Stir in remaining ingredients.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally.

Chef's Choice

Spicy Macaroni Meal
Applesauce
Peas
Milk



Helpful Hints: Adding dry macaroni to this mixture makes it very easy and prevents using extra pans. This recipe also works well in an electric skillet, if you choose. Just be sure to stir the mixture occasionally, so the macaroni doesn't have a chance to stick while absorbing the liquid.



Safety Tip: When removing a lid from a hot pan, open lid AWAY from you. The steam will escape out the back and will be less likely to burn.

Nutrition Facts

Serving Size (211g)
Servings Per Container 6

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 14%

Cholesterol 30mg 9%

Sodium 350mg 15%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 4g

Protein 20g

Vitamin A 15% • Vitamin C 35%

Calcium 2% • Iron 20%

*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

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.