

Spicy Macaroni Meal

Kids will love cooking AND eating this easy dish!

6 servings

Ingredients:

- 1 pound ground beef or turkey
- 1/2 cup chopped onion
- 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:

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.

Nutrition Facts: One serving provides 260 calories, 8g total fat, 30mg cholesterol, 350mg sodium, 26g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Spicy Macaroni Meal
Applesauce
Peas
Milk

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