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## Chili Mac

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Cost per serving:** \$0.68

### What you need:

#### Utensils:

- Large skillet with lid
- Stirring spoon
- Knife & cutting board
- Measuring spoons & cups
- Can opener

#### Ingredients:

- ½ pound lean ground beef
- 1 small onion, chopped
- ½ medium green pepper, chopped
- 1 cup elbow macaroni (whole wheat optional)
- 2 (8 ounce) can tomato sauce, no added salt
- 2 cups water
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 cup cooked pinto beans
- ½ cup low fat shredded cheddar cheese

#### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. In a large skillet, brown the meat. Drain off any remaining fat.
4. Add the onions and green peppers to the meat and cook for 5 minutes on medium to low heat.
5. Add remaining ingredients, except cheese.
6. Cover and cook on low heat for 15 minutes, stirring occasion-ally.
7. Add cheese and heat until melted.
8. Serve immediately.

### Nutrition Facts

Serving Size 1 cup Chili & 1 Tbsp Cheese	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein 15g</b>	
Vitamin A 8%	• Vitamin C 20%
Calcium 8%	• Iron 15%