



Beef, Bean & Macaroni Chili

Ingredients

1/2 pound lean ground beef
1 small onion, chopped
2 cups diced tomatoes, canned
2 cups cooked kidney beans
1/2 cup water
2 teaspoons chili powder
3/4 cup uncooked elbow macaroni
vegetable oil spray

Makes 4 servings

Instructions

1. Spray large skillet with vegetable oil spray. Brown ground beef and onions in skillet. Drain off fat.
2. Add diced tomatoes, kidney beans, water, chili powder, and macaroni to beef mixture, stir to combine.
3. Bring to a boil, and then reduce heat. Cover and simmer about 20 minutes until macaroni is tender.
4. Stir occasionally to keep from sticking. Add a little extra water during cooking, if necessary.

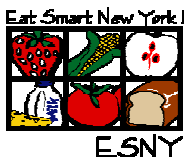
Nutrition Facts

Serving Size 1 cup		Servings Per Container 4	
Amount Per Serving			
Calories 310	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 35mg	12%		
Sodium 480mg	20%		
Total Carbohydrate 40g	13%		
Dietary Fiber 7g	28%		
Sugars 7g			
Protein 23g			
Vitamin A 20%	• Vitamin C 30%		
Calcium 4%	• Iron 25%		
*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

17% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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