



Microwave Quick Dinner

Ingredients

1½ cups uncooked elbow macaroni

½ cup chopped onion

¼ cup chopped green pepper

½ pound lean ground beef

1 (8-ounce) package pasteurized process cheese spread, cut into ¾ inch cubes

1 (16-ounce) can whole tomatoes, drained and cut up

¼ cup 1% milk

¼ teaspoon salt

1/8 teaspoon pepper

paprika (optional)

Makes 6 servings

Instructions

1. Prepare macaroni as directed on package. Rinse, drain and set aside.
2. In 2-quart casserole, combine onion, green pepper and beef. Cover.
3. Microwave at High for 2 to 4 minutes, *or* until beef is no longer pink, stirring once to break apart. Drain fat off.
4. Stir in macaroni and remaining ingredients, except paprika. Re-cover.
5. Microwave at High for 6 to 8 minutes, *or* until heated through and cheese melts, stirring twice.
6. Sprinkle with paprika and serve.

Note:

- To reheat, place a serving on plate. Cover with wax paper. Microwave at High for 1½ to 3 minutes, *or* until heated through, stirring once.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 890mg	37%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 20g	
Vitamin A 15%	• Vitamin C 25%
Calcium 25%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

29% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

