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## 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 - 17% calories from fat*

### 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	
<b>Calories</b> 320	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 42g	<b>14%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 8g	
<b>Protein</b> 23g	
Vitamin A 25%	Vitamin C 40%
Calcium 6%	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 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	



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