

## Chili Mac Skillet

**You'll Need:** Large skillet, measuring cups and spoons, and large stirring spoon

**Preparation Time:** 15 minutes

**Cook Time:** 30 minutes

Ingredients	Amount for four
Ground meat	1 pound
Onion, finely chopped	½ medium
Kidney beans, rinsed and drained	1 – 398 ml can
Whole kernel corn, drained	1 – 341ml can
Diced Tomatoes	1 – 398ml can
Whole wheat macaroni, uncooked	375g package
Chili Powder	2 teaspoon
Water	2 cup
Shredded Cheese	1 cup

### Method:

**Step 1:** Cook meat and onions in large skillet until brown; drain. **Step 2:** Stir in beans, corn, un-drained tomatoes, macaroni, chili powder and water. **Step 3:** Bring to boil; reduce heat and simmer, covered, about 13 minutes until macaroni is tender. **Step 4:** Cover and let stand five minutes

### Nutrients per serving:

**Calories:** 410 kcals

**Fat:** 12 g

**Carbohydrates:** 55 g

**Protein:** 25 g

**Sodium:** 340 mg

**Fiber:** 7 g