



eat well, anytime,  
anywhere

## Abby Cadabby's Chili Macaroni

### INGREDIENTS

- 12 oz. lean ground beef
- 1 ½ cups frozen or canned whole-kernel corn
- 1 large tomato, diced
- 2 cups red kidney beans, cooked
- ¾ cup dried whole-wheat elbow macaroni
- 2 tsp. chili powder
- 1 cup water
- ½ cup low-fat cheddar cheese, shredded

### INSTRUCTIONS

- » Heat a large skillet; brown the meat on medium-high heat; drain.
- » Stir in corn, tomato, beans, uncooked macaroni, chili powder, and water. Bring the mixture to a boil; reduce heat, cover, and simmer for 12–15 minutes, or until macaroni is tender.
- » Sprinkle with cheddar cheese, cover, and let stand for 5 minutes before serving.

**Makes 6 servings. Each serving provides 302 calories, 20 grams protein, 33 grams carbohydrate, 10 grams fat, 116 milligrams sodium, 7 grams fiber.**

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*Recipe courtesy of the National WIC Association*

