



ONE-POT CHILI MAC

February 23

National Chili Day




INGREDIENTS

- 1 Tablespoon Vegetable Oil
- 2 Medium Onions, Diced
- 8 Ounces Ground Beef (80/20 or leaner)
- 2 Teaspoons Taco Seasoning Mix
- 28 Ounce Can Crushed Tomatoes
- 1½ Cups Broth
- 8 Ounces Dried Elbow Macaroni (enriched or WGR)
- 15.5 Ounce Can Kidney Beans, Drained and Rinsed
- ½ Cup Milk
- 6 Ounces (1½ Cups) Shredded Cheese

DIRECTIONS

1. Heat the oil in a 3½- to 4-quart pot over medium-high heat until shimmering.
2. Add the onion and cook until light golden-brown, about 5 minutes.
3. Add the ground beef, break into smaller pieces with a wooden spoon or spatula, and cook for about 3 minutes.
4. Add the seasoning and cook for another minute.
5. Pour in the tomatoes, broth, macaroni, and beans.
6. Bring to a boil, then reduce heat to medium-low.
7. Simmer uncovered, stirring occasionally, until the macaroni is tender, about 15 minutes.
8. Stir in the milk and cheese until melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups