



Cooking with Macaroni

Macaroni is a type of pasta. It is low in fat but high in carbohydrate, a nutrient that our body needs for energy. Macaroni is also a source of many B vitamins.

A serving size is $\frac{1}{2}$ cup.

Uses

Macaroni can be mixed with a tomato, meat or cheese sauce. You can also use it in soups, salads and casseroles.

How to prepare it

To cook macaroni, bring a large pot of water to a boil. Add the dry macaroni and stir it. Bring the water back to a boil and cook it for about 8 minutes or until the macaroni is tender but firm.

If the macaroni is to be used in a dish that needs further cooking, undercook the macaroni slightly.

How to store it

Store dry macaroni in a cool and dry place. For best quality, use it within 1 year.

Leftover cooked macaroni should be placed in a covered container and stored in the refrigerator. Use it within 3 days.

To keep macaroni from sticking when it is refrigerated, add a small amount of vegetable oil to the cooked macaroni.

Chili Macaroni (makes 4 servings, $\frac{1}{2}$ cup each)

What you need

- $\frac{1}{2}$ to 1 pound ground beef
- $\frac{1}{4}$ cup chopped onion (if you like)
- $\frac{1}{4}$ cup chopped celery (if you like)
- 15- or 16-ounce can diced tomatoes
- 15- or 16-ounce can pinto or red beans, drained
- 1 cup uncooked macaroni
- $1\frac{1}{2}$ cups water
- 2 to 3 teaspoons chili powder (if you like)
- $\frac{1}{4}$ teaspoon garlic powder (if you like)
- 1 cup grated cheddar cheese (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, cook the beef, onion and celery until the beef is well browned; drain the fat from it.
3. Add the remaining ingredients. Bring it to a boil, reduce the heat and let it simmer for about 20 minutes or until the mixture is thickened and the macaroni is tender.
4. Add the grated cheese. Stir it until the cheese is melted.

Tip: If you don't have chili powder or garlic powder, use $\frac{1}{3}$ to $\frac{1}{2}$ of a package of taco seasoning mix.

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