



## CHILI MACARONI

- 1 lb. ground beef
- 1 pkg. (225 g) macaroni and cheese
- 1½ cups water
- 1 can (19 fl oz/540 mL) stewed tomatoes, undrained
- 1 can (19 fl oz/540 mL) kidney beans, drained, rinsed
- 1 Tbsp. chili powder

- > Cook ground beef in large saucepan; drain fat.
  - > Add macaroni, water, stewed tomatoes and beans.
  - > Bring to the boil; cover and reduce heat to medium-low.
  - > Cook on medium for 10 minutes until macaroni is tender; stirring occasionally. Stir in cheese powder and chili powder.
- Makes 4 servings, 2 cups each.

CAL 560, FAT 17 g [SAT 7 g], CHOL 70 mg, SODIUM 1020 mg, CARB 64 g, FIBRE 11 g, SUGARS 13 g, PROTEIN 36 g, VIT A 6% DV, VIT C 35% DV, CALCIUM 15% DV, IRON 50% DV

*tip:* Top with grated cheese and sour cream if desired.

*tip:* This chili freezes well. Portion individual servings into plastic containers or resealable plastic bags.

*tip:* Try canned black beans or chick peas instead of kidney beans.

### did you know?

- > Choose regular ground beef instead of lean or extra lean ground beef as a less expensive alternative. Simply cook and drain off the extra fat before adding the rest of the ingredients.

# January Recipes

## CREAMY CORN CHOWDER

- 1 can (14 fl oz/398 mL) creamed corn
- 1 cup corn kernels (canned or frozen)
- 1 cup milk
- 1 small onion, chopped
- 1 carrot, chopped

- > Mix all ingredients in saucepan, bring to the boil.
- > Cover, reduce heat to medium and simmer for 12-15 minutes or until vegetables are tender.
- > Season with salt and pepper.

Makes 4 servings, 1 cup each.

CAL 160, FAT 2.0 g [SAT 1.0 g], CHOL 5 mg, SODIUM 500 mg, CARB 36 g, FIBRE 3 g, SUGARS 10 g, PROTEIN 5 g, VIT A 35% DV, VIT C 15% DV, CALCIUM 8% DV, IRON 4% DV

*tip:* Try mixing in grated Cheddar or Parmesan cheese for extra flavour.

*tip:* Try adding leftover ham, chicken or cooked wieners.

*tip:* This soup does not freeze well. Leftovers should be stored in the fridge for up to 3 days. Reheat in microwave or in a covered pot on the stove over medium heat.

