Turkey Bean Macaroni

Ingredients:
- 8 ounces macaroni, whole-wheat
- 1 onion, chopped
- 2 tomatoes
- 1 pound ground turkey
- 48 ounces tomato juice, low sodium
- 15 ounces Mexican-style chili beans
- 1/2 teaspoon pepper
- 1 teaspoon oregano
- 8 ounces cheddar cheese, low fat, shredded

Equipment:
- Sauce pan
- Non stick skillet
- Cutting board
- Knife
- Can opener
- Measuring spoons

Directions
1. Prepare macaroni according to package directions. Drain and set aside.
2. Heat skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Drain fat and return skillet to stove.
3. While macaroni and turkey are cooking, cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn ¼ and slice again to make dice. Chop up any large pieces.
4. While turkey is draining, add onions and cook until tender.
5. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn ¼ and slice again to dice.
6. Add turkey, tomatoes, tomato juice, chili beans, pepper, and oregano. Bring to a boiling, cover and reduce heat to low. Simmer for 20 minutes. Add more juice if needed after time is up.
7. While turkey mixture is cooking, shred cheese using a grater. Sprinkle cheese on top, and cover to melt cheese for 5 minutes.