

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

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 40 minutes

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 1/4 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 1/4 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.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 311	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	13%
Cholesterol 51mg	17%
Sodium 484mg	20%
Total Carbohydrate 40g	13%
Dietary Fiber 7g	28%
Protein 26g	51%
Vitamin A 24%	Vitamin C 63%
Iron 17%	Calcium 16%
*Percent Daily Values are based on a 2,000 calorie diet.	

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