

Beefy Macaroni and Cheese



Ingredients

- 3/4 pound ground beef (90% lean)
- 1 1/2 cups water
- 1 cup macaroni, uncooked
- 1 can diced tomatoes, undrained, low-sodium (14.5 ounces)
- 2 [Servings Eating Smart Seasoning Mix](#) (1/2 cup)
- 1/2 cup shredded cheese
- salt (optional, to taste)

Directions

1. Brown ground beef in a large skillet; drain the fat.
2. Add water, macaroni, tomatoes, and seasoning mix; stir.
3. Bring to a boil, reduce heat to low and simmer, covered for 15-20 minutes or until macaroni is tender.
4. Remove from heat and add 1/2 cup grated cheese.
5. Taste; then add a small amount of salt if needed.