

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.

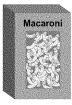
A serving size is 1/2 cup.

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 cooke macaroni.

Chili Macaroni (makes 4 servings, 11/2 cup each)

What you need

1/2 to 1 pound ground beef
1/4 cup chopped onion (if you like)
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 1/2 cups water
2 to 3 teaspoons chili powder (if you like)
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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Prepared by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.



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