

Meat & Veggie Mac

 MENU IDEA: Meat & Veggie Mac, Strawberries, Nonfat Milk

Ingredients:

1 7¼-ounce package macaroni & cheese mix
1 16-ounce package frozen mixed vegetables
1½ cups chopped cooked beef, pork, or chicken

¼ cup nonfat milk
½ teaspoon garlic or onion powder


Directions:

1. Cook macaroni in large saucepan as directed on package. After about 5 minutes, add the frozen vegetables and continue cooking until macaroni is tender and vegetables are cooked; drain.
2. Return macaroni and vegetables to the pan. Add the meat.
3. Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture. (Omit the butter/margarine recommended on the package).
4. Cook over low heat for 1 to 2 minutes or until heated through, stirring occasionally.

Cooking Tips

- For a vegetarian meal, substitute 2 cups cooked black, kidney, or garbanzo beans (1 15-ounce can) for the beef, pork, or chicken.
- Teach your older children how to make this fast and easy main dish.

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