



INGREDIENTS

1 Pound Lean Ground Beef or Turkey	8 Ounces Tomato Sauce
3 Tablespoons Easy Onion Soup Mix	8 Ounces Can Corn (Drained)
1 1/2 Cups Water	3/4 Cup Uncooked Whole Wheat Macaroni
1/3 Cup Chopped Onion	1/2 Cup Reduced Fat Cheddar Cheese (Shredded)

DIRECTIONS

1. For Easy Onion Soup Mix, combine
 - 1 teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon cornstarch
 - 1 teaspoon onion flakes
 - 1 tablespoon onion powder
 - 1 teaspoon sodium free beef bouillon
2. Brown ground beef or turkey in a large skillet. Drain. Return meat to skillet.
3. Stir in soup mix, water, onions, tomato sauce, corn and macaroni.
4. Bring mixture to a boil. Cover and simmer for 10 minutes.
5. Remove cover and simmer until macaroni is tender; stir occasionally.
6. Top with cheese.



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