

Chili Mac

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-for-dinner-easy-recipes>

Ingredients:

- 1 tablespoon vegetable oil
- 1 medium yellow onion chopped
- 1 tablespoon chili powder
- 1 tablespoon cumin
- salt
- 4 cloves garlic minced
- 1 tablespoon brown sugar packed
- 1 pound lean ground beef
- 2 cups water
- 15 ounces tomato sauce
- 8 ounces elbow macaroni
- 8 ounces shredded Mexican cheese blend package
- black pepper
- 2 tablespoons fresh parsley chopped

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 130 milligrams
4. Fat: 31 grams
5. Fiber: 7 grams
6. Protein: 47 grams
7. SaturatedFat: 14 grams
8. Sodium: 1380 milligrams
9. Sugar: 18 grams

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