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## ingredients

- 8 ounces dry small elbow macaroni, uncooked (8 oz = 2 cups)
- 1 pound ground sirloin beef or substitute 2 -15oz can of beans (pinto,black bean, red beans etc.)
- 1/2 cup chopped onion or 1 TB of onion powder
- 1/4 teaspoon salt
- 1 15oz of beans if using ground beef. If you are substituting beans for beef already do not add.
- 1 can (14.5 oz) diced tomatoes, undrained or 2 fresh med. tomatoes.
- 1 can (8 oz each) Tomato Sauce
- 1 pkg (1.25 oz each) chili seasoning mix or 2Tb Chili Powder

## directions

- Cook macaroni according to package directions, omitting salt..
- Meanwhile, place beef or beans and onion in large skillet over medium-high heat; sprinkle with salt. Cook until beef is crumbled and no longer pink, stirring occasionally; drain. Stir in beans, undrained tomatoes, tomato sauce and chili seasoning or chili powder.
  Bring to a boil. Cover, reduce heat to low and simmer 10 minutes, stirring occasionally.
- Drain macaroni; stir into meat mixture.