TACO MAC

COOK TIME: 20 min | PREP TIME: 5 min | SERVINGS: 4

INGREDIENTS

- 1 box macaroni and cheese
- 1/2 pound ground meat
- 1/2-1 cup salsa
- 1 can black beans drained
- 1/2 cup cheddar cheese

Optional add ins: taco seasoning, canned corn, jalapeños, broccoli.

NUTRITION NOTES

Macaroni and cheese has carbohydrates for energy while ground beef adds protein and important nutrients like iron and zinc. Black beans provide plant protein as well as fiber, which helps support digestion and fullness. Salsa adds flavor along with a small boost of vegetables, and the cheese adds calcium.

PREPARATION

1. Cook ground meat in a skillet until browned.
2. Prepare mac and cheese according to package directions in a separate pot.
3. Stir in beef, salsa, beans, and cheese.
4. Heat until melted.

