



# Chile Macaroni

*Macaroni noodles with beans and zesty tomato.*

1½ cups elbow macaroni

1¼ cups water

½ cup prepared salsa

4 Tbsp tomato paste

1 15 ounce can kidney beans, drained

½ - 1 tsp chile powder

Place all ingredients in a Fantasia 1½ Quart Oval Glass Casserole Dish. Cover and microwave on high for 10-15 minutes or until macaroni is tender and excess liquid is evaporated. Serve with your favorite steamed vegetables.

Yield: 4 servings. Each serving: 280 calories, 1 gram of fat.

