

CHEESEBURGER MAC

Total preparation and cooking time: 20 minutes

- 1 cup refrigerated fully-cooked ground beef crumbles
- 2 single-serving packets microwavable macaroni and cheese dinner (from a 12.9-ounce package)
- 1 cup water
- 8 to 10 dill pickle slices (optional)



1. OPEN the macaroni packets using scissors. EMPTY contents of macaroni packets into a 1-quart microwave-safe bowl. (SET ASIDE the cheese sauce mix packets.)
2. ADD the water to the macaroni. STIR with a spoon.
3. **Adult help needed:** MICROWAVE, uncovered, on HIGH 4-1/2 to 5 minutes or until macaroni is tender. **Careful! The bowl and macaroni will be very hot.** Using pot holders, REMOVE the bowl from the microwave. Do not drain off the water.
4. OPEN the cheese sauce mix packets using scissors. ADD contents of the cheese sauce mix packets to the macaroni. STIR carefully with spoon to mix well.
5. LET the macaroni and cheese stand to let the sauce thicken.
6. Meanwhile OPEN the ground beef crumbles package using scissors. PLACE beef in a 2-cup microwave-safe cereal bowl. COVER with a paper towel.
7. **Adult help needed:** MICROWAVE on HIGH 1 to 2 minutes or until the beef is thoroughly heated. **Careful! The bowl will be very hot.** Using pot holders, REMOVE the bowl from the microwave.
8. ADD beef to the macaroni and cheese. STIR carefully with spoon to mix well.
9. PLACE pickle slices on top, if desired.

Makes 2 servings.

Did You Know? Cooking times can vary, depending on the power of your microwave oven.

Nutrition information per serving: 390 calories; 21 g protein; 39 g carbohydrate; 17 g fat; 874 mg sodium; 110 mg cholesterol; 3.3 mg niacin; 0.2 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 3.1 mg iron; 3.4 mg zinc.

This recipe is an excellent source of protein, vitamin B₁₂ and zinc, and a good source of niacin, vitamin B₆ and iron.

You Will Need

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| scissors | pot holders |
| 1-quart microwave-safe bowl | 1-cup dry measure |
| 1-cup glass measure | 2-cup microwave-safe cereal bowl |
| spoon | paper towel |