

Beef and Cheese Macaroni - (serves 6)

Ingredients:

- 1 cup beef flavored TVP (or ground beef)
- 1 tablespoon dried onions
- 1 cup water
- 1/3 cup tomato powder
- 1 1/4 cups water
- 2 teaspoons salt
- 1 can creamed corn (or reconstituted sweet corn)
- 1 cup uncooked macaroni
- 1/4 cup cheese blend

Combine the TVP, dried onions, and 1 cup water in a skillet and cook over medium heat until the beef resembles hamburger. Put this in a casserole dish. Combine the rest of the ingredients and mix with the TVP. Cover the dish with foil or a lid and bake at 300 °F for 3 hours.