

Serves 6

Frijoles

1 lb gr beef	$\frac{1}{8}$ tsp cayenne
1 onion, cut small	3 c. tomatoes
2 tsp salt	1 can kidney beans
$\frac{1}{8}$ tsp chili powder pepper	1 cup broken macaroni
1 tsp chili powder	1 cup grated Tillamook

Fry meat & onion until lightly browned.
Cook macaroni. Drain. Simmer all ing. (except
cheese) 45 min, until thick. Pour into greased
baking dish & top w/cheese. Bake till cheese melts.