

STOVETOP CHILI MAC

Ingredients

Serves 5 people

4 cups vegetable broth	1 onion, chopped or 1 Tbsp onion powder
1 cup pasta, uncooked	
1 (15oz) can pinto beans, rinsed and drained	1 Tablespoon chili powder
1 (15 oz) can kidney beans, rinsed and drained	2 teaspoons cumin
1 (15 oz) can diced tomatoes, rinsed and drained	Salt and pepper to taste
	1 cup cheese, shredded (optional)
	3 cups water
	1 cup tomato sauce



Directions

1. In a large pot, cook pasta according to the directions on the package.
2. Place all ingredients except the cheese into the pot with the pasta. Stir to combine. Cook uncovered over medium heat for 5-10 minutes or until heated through.
3. Serve warm and top with cheese. (optional)

Nutritional Value

326 Calories	18g Protein
3g Fat	167mg Sodium
57g Carbohydrates	

Marion County Public Health Department
NUTRITION SERVICES

