

One Pot Chili Mac

Inspired by lovecanadianbeans.ca



Servings: 6

Ingredients:

- 1 lb. (450 g) ground beef
- 1 medium onion, chopped
- 1 bell pepper (any color), chopped
- 2 cups (750 mL) water
- 1 x 398 mL can kidney beans, drained & rinsed
- 1 x 796 mL can diced tomatoes
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) cumin
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) oregano
- 1 ½ cups (350 mL) dry, elbow macaroni
- 1 can corn, drained
- 1 cup shredded cheddar cheese



Rinse & drain beans to reduce gas & salt

Replace canned tomatoes & spices with a jar of salsa

Use black, pinto, white or mixed beans instead of kidney beans



Preparation:

1. Brown the ground beef, onion and peppers
2. Drain excess fat
3. Stir in water, beans, tomatoes & spices
4. Bring to a boil. Stir in macaroni and reduce heat to medium-low
5. Cover and let cook 10-12 minutes until macaroni is tender, stirring occasionally
6. Add corn in the last 5 min
7. Remove from heat and top with grated cheese