



Chili Mac Surprise



1/4th of recipe (about 1 2/3 cups): 311 calories, 3.5g total fat (1g sat. fat), 533mg sodium, 57g carbs, 12g fiber, 13g sugars, 18.5g protein

Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

One 14.5-oz. can stewed tomatoes (not drained)
1 cup canned red kidney beans, drained and rinsed
1 cup ground-beef-style meatless crumbles
1 cup chopped onion
1 cup chopped bell pepper
1 cup chopped portabella mushrooms
1/3 cup tomato paste
1 tsp. chopped garlic
1 tsp. chili powder, or more to taste
1/4 tsp. ground cumin, or more to taste
5 oz. (about 1 1/3 cups) uncooked high-fiber elbow macaroni
1/4 cup shredded reduced-fat cheddar cheese
Optional seasoning: cayenne pepper

Directions

In a large pot, combine tomatoes, beans, meatless crumbles, veggies, tomato paste, garlic, and seasonings. Thoroughly stir. Bring to a boil.

Reduce to a simmer. Cover and cook until veggies are tender, about 15 minutes, uncovering occasionally to stir.

Meanwhile, prepare macaroni according to package instructions.

Drain cooked macaroni, and stir into chili. Serve topped with cheese.

MAKES 4 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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