



## 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

**Blue Plan (Freestyle™) SmartPoints®** value 6\*

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



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### 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.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.