

Chili Mac and Cheese

Ingredients

Ground beef	0.25 kg (or 0.5 pound)
Onion, diced	1 medium
Green pepper, chopped	1
Garlic, minced	2 cloves (or 1 teaspoon of garlic powder)
Salt	½ teaspoon
Black pepper	½ teaspoon
Cumin	½ teaspoon
Chili powder	1 Tablespoon
Water	2 cups
Pasta, whole wheat macaroni	1 ½ cups
Diced tomatoes	1 can (540 mL)
Black beans, drained and rinsed	1 can (540 mL)
Cheese, grated	½ cup



Directions

1. In a large pot over medium heat, add ground beef, onion and green peppers. Cook until ground beef is no longer pink. Drain off any fat.
2. Add garlic, salt, black pepper, cumin, and chili powder, water, pasta, tomatoes and black beans. Increase heat to high and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes or until pasta is tender. Stir occasionally.
3. Serve in a bowl with grated cheese on top.

Serves 6

Tip:

- Add fresh or frozen vegetables to the recipe, such as broccoli or corn.
- Instead of meat, replace with another can of your favourite beans.