Hearty Chili Mac

Source: Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

Children of all ages will enjoy this tasty combination of chili and pasta.

About the Recipe

211 Calories · 12 g Protein · 5 g Fiber
Lunch · Dinner

This hearty chili is packed with healthy beans, which are rich in protein and fiber.

Ingredients

Makes 10 Servings

- 8 oz (227 g) dry macaroni noodles
- 1/2 c (120 mL) water
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 small red or green pepper, diced
- 8 oz (227 g) vegetarian ground beef substitute, or 4 vegetarian burgers, thawed (if necessary) and chopped
- 1 28-oz (726-g) can crushed tomatoes
- 1 15-oz (384-g) can kidney beans, undrained
- 1 15-oz (249-g) can corn, undrained
- 2 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin

Directions

1. Cook macaroni according to package directions. Drain, rinse, and set aside.

2. Heat water in a large pot. Add onion and garlic. Cook until onion is soft, about 5 minutes.
3. Add bell pepper and vegetarian ground beef substitute or chopped vegetarian burgers. Mix in tomatoes, beans and their liquid, corn and its liquid, chili powder, and cumin. Cover and simmer over medium heat, stirring occasionally, for 20 minutes.
4. Add cooked pasta and check seasonings. Add more chili powder if a spicier dish is desired.

Nutrition Facts

Per serving

Calories: 211
Fat: 2.1 g
    Saturated Fat: 0.3 g
    Calories From Fat: 8.7%
Cholesterol: 0 mg
Protein: 12 g
Carbohydrate: 38.3 g
Sugar: 4.7 g
Fiber: 5.1 g
Sodium: 348 mg
Calcium: 62 mg
Iron: 3.5 mg
Vitamin C: 23.9 mg
Beta-Carotene: 450 mcg
Vitamin E: 1.3 mg