



# Chili Mac and Cheese

Makes 4 cups | 4 servings | Protein | Grains | Vegetables

## Ingredients

- 1 cups *CNP Meat Sauce*
- 1 15-ounce can beans, any kind, drained and rinsed
- 1 15-ounce can diced tomatoes, drained
- 1 cup whole- wheat macaroni
- 2-3 teaspoons low sodium taco seasoning, as desired
- 1-2 teaspoons chili powder, as desired
- ½ cup low-fat cheddar cheese, shredded
- Salt and pepper to taste

## Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Cook macaroni according to package directions. Drain.
3. In a large saucepan or electric skillet, combine all ingredients except cheese. Heat through.
4. Add cheese at the end and cook until melted.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>  
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