

Quick Chili Mac

Makes 4 servings | Grains • Protein • Dairy • Vegetables

Ingredients

- 1 cup small pasta, uncooked (macaroni, shells, etc.)
- 1 15-ounce can chili (with or without beans)
- 1-2 cups vegetables, fresh, canned, or frozen and thawed (peas, carrots, mixed vegetables, corn, tomatoes, etc.)
- ½ cup low-fat cheese, shredded

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta according to package instructions.
3. Drain cooked pasta and add back to pot.
4. Add in chili and vegetables.
5. Stir over low heat until heated through.
6. Top with cheese and let melt.

Variation

Box Mac- Use a 7.25-ounce box of mac & cheese dinner in place of pasta and shredded cheese. Prepare mac & cheese according to box instructions. After draining macaroni, add in the cheese packet, 2 Tablespoons margarine, and ¼ cup low-fat milk. Stir until the cheese sauce covers the macaroni. Follow steps 4 and 5 above.



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 local CNP educator.

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