

One Pot Chili Pasta

Prep Time 10 min

Cook Time 30 min

Total time 40 min



Ingredients:

1 Tbsp olive oil	1 (15) oz can black beans
1 small yellow onion	1 (15) oz can kidney beans
2 cloves garlic	1 cup frozen or canned corn
½ lb ground beef or ground turkey	1 ½ tsp cajun seasoning
2 Tbsp flour	1/8 tsp cayenne pepper
2 Tbsp chili powder	2 cups uncooked elbow macaroni
1 (15 oz) can tomato sauce	2 cups beef broth *
1 (15 oz) can diced tomatoes (may use diced tomatoes with chilis if like it spicy)	1 cup shredded cheese

Instructions:

1. Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat for 1-2 minutes, or until soft and transparent. Add the ground beef and continue to stir and cook until it is fully browned. If using a high fat ground beef, drain off the excessive after it is browned.
2. Add the flour and chili powder to the pot and stir to coat the meat. Continue to stir and cook the coated meat for 1-2 minutes more. The flour and chili powder may coat the bottom of the pot, but that's okay. Just be careful to not let it burn.
3. Drain and rinse the black and kidney beans. Add the beans, tomato sauce, diced tomato, corn, cajun seasoning, and cayenne pepper to the pot. Stir well and dissolve the flour/chili powder mixture from the bottom of the pot.
4. Add the dry macaroni and two cups of beef broth to the pot and stir to combine. Place a lid on top, turn the heat up to high, and let the pot come to a boil. Once it reaches a boil, give it a quick stir to loosen any pasta stuck to the bottom of the pot, replace the lid, and turn the heat down to medium-low. Let the pot simmer on medium-low for about 15 minutes, or until the pasta is soft and has absorbed most of the liquid. Stir the pot one or two times during the 15 minutes to loosen any pasta stuck to the bottom.
5. Once the pasta is fully cooked, turn the heat off and add the cheese. Stir the cheese into the pasta until it has melted in and becomes slightly creamy.

To save money, use 2 bouillon cubes and dissolve in 2 cups of water instead of using broth, which is more expensive.

Yields 9 cups , 1 cup serving =Total cost per recipe \$9.00 = \$1 per serving