

Chili Mac

Serves 6

Kids of all ages love this easy-to-make meal.

Preparation time: 15 Minutes

Cooking time: 20 Minutes

Ingredients:

- 8 ounces pasta spirals or macaroni
- 1 onion, chopped
- 2-3 garlic cloves, minced
- 1 small bell pepper, diced
- 3/4 cup textured vegetable protein
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can kidney beans, including liquid
- 1 15-ounce can corn, including liquid
- 1 tablespoon chili powder
- 1/2 teaspoon cumin



Instructions:

1. Cook the pasta in boiling water until it is tender. Drain and rinse it under hot water, then set it aside.
2. Heat 1/2 cup of water in a large pot, then add the chopped onion and garlic. Cook until the onion is soft, about 3 minutes.
3. Add the bell pepper, textured vegetable protein, crushed tomatoes, kidney beans, corn, spices, and an additional 1/2 cup of water. Stir to mix, then simmer over medium heat, stirring occasionally, for 20 minutes.
4. Add the cooked pasta and check the seasonings. Add more chili powder if a spicier dish is desired.

Tips:

- Textured vegetable protein is made from soybeans and is low in fat and high in protein. Look for it in natural food stores and some supermarkets.
- Pinto beans or black beans may be substituted for the kidney beans.
- Substituting fresh sweet corn cut off the cob for the canned corn takes a little more time but adds a deliciously sweet flavor to this meal.

Nutrition information per serving: 275 calories; 14 g protein; 52 g carbohydrate; 1g fat; 594 mg sodium; 0 mg cholesterol

Recipe from the Physicians Committee for Responsible Medicine www.pcrm.org