



# MEATLESS CHILI MAC

SERVINGS: 8



## INGREDIENTS

- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 2 cups water
- 1-1/2 cups uncooked elbow macaroni
- 1 can (16 ounces) mild chili beans, undrained
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 cup fat-free sour cream

## REQUIRED TOOLS



*Wooden Spoon*



*Chopping Knife*



*Measuring Cups*



*Dutch Oven (or large saute pan)*

## DIRECTIONS

1. In a Dutch oven, saute onion and green pepper in oil until tender. Add garlic; cook 1 minute longer. Stir in the water, macaroni, beans, tomatoes, tomato sauce, chili powder, cumin and salt.
2. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until macaroni is tender. Top each serving with 1 tablespoon sour cream.