CHILI MAC

COOK TIME: 25 min | PREP TIME: 5 min | SERVINGS: 3-4

INGREDIENTS

- 1 box of mac and cheese
- 1 lb of ground meat
- 2 cans of canned beans, rinsed
- 1 can of diced tomatoes
- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 taco seasoning packet or seasonings of choice (garlic, onion, paprika, chili powder, cumin, oregano, etc)



PREPARATION

1. Cook the macaroni and cheese according to the package directions
2. Meanwhile, cook the chopped onion and green bell pepper in a large skillet over medium heat for 3–5 minutes until softened.
3. Add the ground meat and cook until browned
4. Stir in the beans, canned tomatoes and spices and cook for 2–3 minutes until heated through. Add the prepared macaroni and cheese, stir until well combined, and serve warm.

NUTRITION NOTES

- Protein + fiber: Ground meat and black beans help keep you full and muscles strong.
- Veggie boost: Bell pepper, onion, and tomatoes add vitamins, fiber and flavor

Store leftovers in an airtight container - freeze or keep in fridge up to 3-4 days.

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