

# Macaroni Chili

## Ingredients:

### Serves 4

5 cups cooked whole wheat macaroni  
1 Tbs oil  
1 medium onion, diced  
2 garlic cloves, minced  
2 tomatoes, diced  
1  $\frac{3}{4}$  cups water  
2 Tbs tomato paste  
1 tsp vegetable bouillon  
1 tsp chili powder  
1 tsp paprika  
 $\frac{1}{4}$  tsp black pepper  
1  $\frac{3}{4}$  cups boiled kidney beans  
1  $\frac{1}{2}$  cups beyond beef veggie crumbles  
2 carrots, finely chopped  
1 red bell pepper, diced  
3 cups fresh spinach, chopped



## Directions:

1. Heat oil in a large pot over medium-high heat and cook the onion and garlic for 3-5 minutes.
2. Add the diced tomatoes, water, tomato paste, bouillon cube and spices. Bring to a boil.
3. Once simmering, add the kidney beans, veggie ground, carrots and bell pepper. Cook for about 5 minutes or until the carrots have softened.
4. Add the drained noodles and spinach and cook for another minute. Enjoy!

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>2.5 cups</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>480</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 80g	<b>29%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	
Vitamin D 0mcg	<b>0%</b>
Calcium 160mg	<b>10%</b>
Iron 9.1mg	<b>50%</b>
Potassium 940mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.