

Chili Mac and Cheese

Serves 4

From a Nutrition Coordinator

Ingredients:

- 1 tsp chili powder
- 1/4 tsp cumin
- 1/2 tsp garlic powder
- 1 jalapeño seeded, finely diced
- 1/2 small onion, diced
- 1/2 bell pepper, diced
- 1 tbsp olive oil
- 1 can black beans drained and rinsed
- 1 can petite diced tomatoes drained
- 1 box of Mac and cheese, 4 tbsp butter, 1/4 c milk

Directions: Cook mac and cheese according to directions on box. Sauté jalapeño, bell pepper, and onion in olive oil on medium high until onions are translucent. Add the black beans into the pan with the sautéed vegetables, stir together and turn off heat. Pour the diced tomatoes into the mac and cheese and add the seasoning. Mix and add sautéed vegetables and beans. Serve!

Optional: Put some Mexican cheese on top to make a creamier mac and cheese.

Nutrition Facts: *Calories 315, Fat 5.3 g, Saturated Fat 1.2 g, Sodium 480 mg, Carbohydrate 55 g, Fiber 11 g, Protein 13 g.*