

MEATLESS CHILI MAC

Preparation: **15** minutes | Cooking: **25** minutes | Servings: **8**

INGREDIENTS

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
1 large onion, chopped,
1 medium green pepper, chopped
1 garlic clove, minced
2 cups water

1 1/2 cups uncooked elbow macaroni
1/2 cup fat-free sour cream
1 tablespoon olive oil
4 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon salt



INSTRUCTIONS

In a Dutch oven, sauté 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. 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.