

Vegetarian Chili Mac & Cheese



Makes:

6 - 8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

Contributed By:

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Recipe Description:

Cook up this satisfying one pan meal in 30 minutes with pantry ingredients and fresh vegetables. Spice it up if you like or serve it with hot sauce and other condiments.

1 medium
onion, strung, use Cone #2
1 red or green bell pepper, minced
2 cloves garlic, peeled and shredded, use Cone #1
1 cup
corn kernels, fresh or frozen
(164
g)
1.13 ounces
taco seasoning mix
(32
g)
1 quart
tomato soup, low sodium
(945
ml)
15 ounces
kidney or pinto beans, cooked and drained
(425
g)
2 cups
pasta, fusilli or elbow macaroni
(170
g)
1 cup
cheddar cheese or Mexican cheese blend, shredded, use Cone #2
(113
g)
chopped cilantro or scallions for garnish (optional)

Directions:

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1. Preheat MP5, uncovered, at 375°F/190°C.
2. Add onions, peppers and garlic to MP5 and sauté for 3 - 4 minutes until softened.
3. Add corn and taco seasoning mix. Stir to combine and cook for 2 minutes.
4. Add tomato soup, beans and pasta. Stir to combine.
5. Place cover on MP5. When Vapo-Valve™ begins to click steadily, reduce heat to 225°F/110°C and cook for 25 minutes until pasta is soft.
6. Remove cover and sprinkle shredded cheese on top. Place cover back on MP5 and cook for an additional 5 minutes.
7. Serve warm in bowls and garnish with chopped scallions or fresh cilantro, if desired.

Tips:

- Add in extra vegetables, if desired: mushrooms, zucchini or a chopped jalapeño pepper for a little extra spicy flavor.
- For a non-vegetarian version, add lean ground beef or turkey and sauté with onions and garlic.
- Substitute taco seasoning mix for a blend of cumin, chili powder, paprika, natural salt and garlic powder.
- Cooking time may vary depending on type of pasta.

Nutritional Information per

▼ Serving

Calories: 257

Total Fat: 6g

Saturated Fat: 3g

Cholesterol: 15mg

Sodium: 571mg

Total 40g

Carbs:

Dietary Fiber: 6g

Sugar: 7g

Protein: 12g

Analysis calculated using fusilli pasta and cheddar cheese