



## Winter Chili Mac

SERVINGS: 8

PREPPING TIME: 10 MINS

COOKING TIME: 25 MINS

### INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 small yellow onion diced
- 2 medium orange or red bell peppers, chopped
- 1 lb. extra-lean ground turkey
- 1 jalapeño pepper seeded and diced
- 1 tbsp. of chili powder
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. garlic powder
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 2 cups low-sodium chicken stock
- 1 (15-oz.) can low-sodium black beans rinsed and drained
- 1 (15-oz.) can low-sodium red kidney beans rinsed and drained
- 1 (15-oz.) can tomato sauce
- 1 (10-oz.) can diced tomatoes
- 2 cups uncooked whole wheat elbow macaroni noodles, about 8 oz.
- 1 cup freshly shredded reduced-fat sharp cheddar cheese plus additional for serving
- 1/3 cup sliced green onions, for serving

### DIRECTIONS

1. Heat the olive oil in a large, deep Dutch oven or pot over medium-high. Once hot, add the onion and bell peppers. Sauté until beginning to soften; about 4 minutes.
2. Add the turkey and use a fork to break it into smaller pieces, cooking for a few minutes.
3. Mix in the jalapeño, chili powder, cumin, coriander, garlic powder, salt, and pepper. Cook, stirring frequently for a further 2 minutes.
4. Stir in the chicken stock, black beans, kidney beans, bell peppers, tomato sauce, diced tomatoes in their juices, and pasta. Bring to a gentle boil, then reduce the heat to a simmer. Once simmering, cover the pot and cook until the noodles are al dente, about 15 minutes. Remove from the heat.
5. Stir in 1/4 cup spring onions and cheese until melted and creamy. Serve warm, topped with additional shredded cheese and green onions.

### NUTRITION

Serving size: 1.5 cups  
 (per serving) 381.2 calories, 7.7g fat, 2.3g saturated fat, 47.4mg cholesterol, 313.2mg sodium, 47.6g carbohydrate, 10.3g fiber, 7.1g sugar, 34.1g protein