

Taste of Home



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Chili Mac

★★★★☆

This chili mac has regularly appeared on my family menus for more than 40 years, and it's never failed to please at potlucks and bring-a-dish gatherings. Sometimes I turn it into soup by adding a can of beef broth. —Marie Posavec, Berwyn, Illinois

TOTAL TIME: Prep: 15 min. Cook: 6 hours

YIELD: 6 servings.

Ingredients

1 pound lean ground beef (90% lean), cooked and drained

2 cans (16 ounces each) hot chili beans, undrained

2 large green peppers, chopped

1 large onion, chopped

4 celery ribs, chopped

1 can (8 ounces) no-salt-added tomato sauce

2 tablespoons chili seasoning mix

2 garlic cloves, minced

1 package (7 ounces) elbow macaroni, cooked and drained

Salt and pepper to taste

Optional: Shredded pepper jack cheese and sliced jalapeno pepper

Directions

1. In a 5-qt. slow cooker, combine the first 8 ingredients. Cover and cook on low for 6 hours or until heated through. Stir in macaroni. Season with salt and pepper. If desired, top servings with cheese and sliced jalapenos.

Nutrition Facts

1 serving: 348 calories, 8g fat (3g saturated fat), 47mg cholesterol, 713mg sodium, 49g carbohydrate (8g sugars, 12g fiber), 27g protein.

Diabetic exchanges: 3 starch, 3 lean meat.

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