

Easy One-Pot Chili Mac

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Servings: 8

*2 boxes (6 ounce ea)
cheddar macaroni and
cheese*

*1 pound ground beef,
browned and drained
1 can (18.5 ounce)
Progresso Southwest Style
Black Bean & Vegetable
Soup*

*1 can (14.5 ounce) fire
roasted petite diced
tomatoes*

3/4 cup water

*2 cups cheddar jack
cheese, divided*

1 teaspoon salt

*1/4 teaspoon ground black
pepper*

1/4 cup green onions, diced

*1/2 serrano or jalapeno
pepper (optional), seeded
and sliced thin*

Preparation Time: 5 minutes

Cook Time: 25 minutes

Preheat the oven to 450.

In a 3.2 quart or larger nonstick Dutch oven, combine the pasta and cheese sauce packets from the macaroni and cheese boxes with the browned ground beef, vegetable soup, tomatoes, water and one cup of cheese.

Cover and cook on the stovetop over medium-high heat for 10 minutes, stirring every few minutes.

Sprinkle with the remaining cheese.

Transfer to the oven. Bake for 5 to 7 minutes or until the cheese is melted and bubbly. Top with sour cream, cilantro, green onions and the jalapeno or serrano slices, if desired.

Remove and spoon into bowls.

Per Serving (excluding unknown items): 177 Calories; 15g Fat (77.7% calories from fat); 9g Protein; trace Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 306mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.