

Pecos Pasta

Katie O'Connell

Totland College Nursery School - Braintree, MA (1978)

*2 cups uncooked macaroni
1 tablespoon butter
1 small green pepper,
chopped
1 small onion, chopped
2 cans (15 ounce ea)
Hormel chili
1 can (12 ounce) corn,
drained
1 teaspoon salt
1/8 teaspoon pepper
1 cup Cheddar cheese,
shredded*

Cook the macaroni according to package directions. Drain.

In a large skillet, melt the butter. Add the green pepper and onion. Cook until tender. Do not brown. Add the chili, corn, salt and pepper. Simmer on low heat for 5 minutes.

Stir in the macaroni. Top with the shredded cheese. Cover.

Heat on low for 5 minutes.

Per Serving (excluding unknown items): 710 Calories; 51g Fat (62.1% calories from fat); 34g Protein; 36g Carbohydrate; 7g Dietary Fiber; 150mg Cholesterol; 2972mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 3 Vegetable; 7 1/2 Fat.