

# Chili-Pasta Skillet

Everyone in your family will be begging for seconds of this Chili-Pasta Skillet!

By **BHG Test Kitchen** | Published on June 14, 2011

**Prep Time:** 10 mins

**Cook Time:** 25 mins

**Total Time:** 35 mins

## Ingredients

1 pound lean ground beef

$\frac{3}{4}$  cup chopped onion

1 15–15.5 ounce can red kidney beans, black beans, or red beans, rinsed and drained

1 14.5 ounce can diced tomatoes, undrained

1 8 ounce can tomato sauce

$\frac{1}{2}$  cup dried elbow macaroni (2 ounces)

1 4 ounce can diced green chile peppers, drained

2 – 3 teaspoon chili powder

$\frac{1}{2}$  teaspoon garlic salt

$\frac{1}{2}$  cup shredded Monterey Jack or cheddar cheese (2 ounces)

## Directions

### Step 1

In a large skillet cook meat and onion until meat is brown and onion is tender. Drain off fat.

### Step 2

Stir in beans, undrained tomatoes, tomato sauce, uncooked macaroni, chile peppers, chili powder, and garlic salt. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until macaroni is tender, stirring often. Remove skillet from heat; sprinkle mixture with cheese. Cover and let stand about 2 minutes or until cheese is melted.

### Step 3

Makes 6 servings

## Nutrition Facts

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Per serving: 289 calories; total fat 11g; saturated fat 5g; cholesterol 56mg; sodium 622mg; total carbohydrate 27g; total sugars 4g; protein 23g; vitamin c 15.9mg; calcium 151.5mg; iron 3.2mg; potassium 179mg; folate, total 28.2mcg; vitamin b-12 0.9mcg; vitamin b-6 0.2mg

