



chilli cheese Casserole

Ingredients

- 1 cup uncooked elbow macaroni
- 2 pounds lean ground beef (90% lean)
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (16 oz) kidney beans, rinsed and drained
- 1 can (6 oz) tomato paste
- 1 can (4 oz) chopped green chiles
- 1¼ teaspoons salt
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- 2 cups shredded reduced-fat Mexican cheese blend
- Thinly sliced green onions (optional, for garnish)

Instructions

Step 1: Cook the Pasta

Bring a pot of salted water to a boil. Cook elbow macaroni according to package directions until al dente. Drain and set aside.

Step 2: Cook the Beef Mixture

While the pasta cooks, heat a large nonstick skillet over medium heat. Add ground beef, chopped onion, and minced garlic. Cook until the beef is no longer pink, breaking it into crumbles as it cooks. Drain any excess fat.

Step 3: Add Sauce Ingredients

Stir in the diced tomatoes (with juices), kidney beans, tomato paste, chopped green chiles, salt, chili powder, cumin, and pepper. Simmer for 5 minutes to blend flavors.

Step 4: Combine with Macaroni

Add the drained macaroni to the beef mixture. Stir to combine evenly.

Step 5: Assemble and Bake

Preheat oven to 375°F (190°C). Lightly coat a 13×9-inch baking dish with cooking spray. Transfer the chili macaroni mixture into the dish and spread evenly. Cover with foil and bake for 25–30 minutes, until bubbly.

Step 6: Add Cheese Topping

Remove the foil, sprinkle the top with shredded cheese, and bake uncovered for an additional 5–8 minutes, or until the cheese is melted and golden.

Step 7: Garnish and Serve

Optional: Sprinkle with sliced green onions before serving.

Nutrition Facts (per 1 cup serving)

- Calories: 313
- Fat: 13g (6g saturated)
- Cholesterol: 69mg
- Sodium: 758mg
- Carbohydrates: 22g (6g sugars, 5g fiber)
- Protein: 30g