

# Beef Chili Mac and Cheese



*This twist on traditional macaroni and cheese provides a well rounded hearty meal with fresh zucchini and fire roasted tomatoes.*

## Photo Contest!



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## Nutrition Info

**Makes:** fluid ounces

= cups

= milliliters (mL)

**Calories:** 980kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 46.9%

**Protein:** 21.5%

**Fat:** 31.6%

**Make it for the whole family:**

[https://www.cookinglight.com/recipes/chicken-chili-mac-cheese.](https://www.cookinglight.com/recipes/chicken-chili-mac-cheese)

# Beef Chili Mac and Cheese

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## Ingredients

- 8 ounces pasta, cooked, 51% whole wheat and enriched semolina
- 1 ¼ cup of fresh zucchini, chopped
- 1 ¼ cup of canned fire roasted tomato
- 2 cups of 2% milk
- 2 ½ ounces of cooked lean beef, such as flank steak, sliced thin
- 2 teaspoon olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 1 teaspoon garlic clove minced
- 1 teaspoon diced green chili

## Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

## Kitchen Gear

- Chef knife
- Cutting board
- Can opener
- Large pot
- Measuring cups:
  - 1 cup, ¼ cup
  - 1 teaspoon, ½ teaspoon, ⅛ teaspoon

## Tips

Whole wheat pasta is higher in vitamins, minerals, and fiber than traditional pasta.

It can take time to acquire a taste for 100% whole wheat pasta. Try mixing half whole wheat pasta and half traditional pasta initially to make the transition easier.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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