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| **Super simple beef and noodle chili**    Makes 6 servings  The leftovers from this meal work great for lunch the next day.  This recipe will also work well with ground turkey or chicken.  **Ingredients**   * 2 cups (500 mL) dry, whole-wheat macaroni pasta * 1 lb (454 g) lean ground beef * 1 cup (250 mL) onion, diced * 1 can (19 oz / 560 mL) white kidney beans, drained and rinsed * 1 jar (24 oz / 700 mL) pasta sauce * 1 tbsp (15 mL) chili powder * 1 cup (250 mL) low-fat cheddar cheese, shredded   **Directions**   1. Cook pasta on a boil for 8 minutes. Do not add salt. Drain. 2. In a large pot cook ground beef until no longer pink. Drain the fat. 3. Add onion and cook for about 10 minutes until onion is beginning to soften. 4. Add kidney beans, pasta sauce, chili powder and cooked pasta and cook over low heat until bubbling. 5. Put into bowls and top with cheddar cheese. |