

Chili-Pasta Skillet

Provided by Placer/Nevada UC CalFresh
Nutrition Education Department and
the Auburn Interfaith Food Closet

RECIPE TYPE: Main dish
SERVES: 4
PREP TIME: 10 minutes
TOTAL TIME: 40 minutes



Ingredients

- 1/2 pound ground beef or turkey
- 1/3 cup chopped onion
- 2 teaspoons chili powder
- 1 teaspoon garlic salt
- 1 can (15-oz.) beans, drained and rinsed (or 1½ cups cooked beans)
- 1 can (14.5-oz.) diced tomatoes, undrained
- 1 can (8-oz.) tomato sauce
- 1 can (8.25-oz.) cream-style corn
- 1 cup dried pasta
- 1 can (4-oz.) diced green chilies (optional)
- 3/4 cup shredded cheese

DIRECTIONS:

1. In a large skillet, cook meat and onion with chili powder and garlic salt until meat is brown and onion is tender. Drain off fat.
2. Stir in beans, undrained tomatoes, tomato sauce, corn, uncooked pasta, and green chilies. Bring to a boil; reduce heat. Simmer, covered, about 20 minutes or until pasta is tender, stirring often.
3. Remove skillet from heat; sprinkle mixture with cheese. Cover and let stand about 2 minutes or until cheese is melted. Serve hot.



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