

Chili Mac



COURSE
Dinner, Lunch



SERVINGS
7 serving



CALORIES
472 kcal

INGREDIENTS

- 2 small yellow onion minced
- 4 cloves garlic minced
- 1 ½ Tbsp olive oil
- 3 c TVP rehydrated in hot water; for soy-free, use textured pea protein
- 4 Tbsp all-purpose flour for gluten-free, use oat flour
- 1 Tbsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp dried oregano
- 16 oz. canned tomato sauce
- 5 cups vegetable broth
- 16 oz uncooked Banza macaroni
- 1 cup shredded vegan cheddar

INSTRUCTIONS

1. Add the onion and garlic to a large deep skillet or Dutch oven with the olive oil and sauté over medium heat until the onions are soft and translucent (about 5 minutes).
2. Add the TVP to the skillet and continue to stir and cook for 3 more minutes.
3. Add the flour, chili powder, smoked paprika, garlic powder, and oregano to the skillet with the beef and onions. Continue to cook and stir for about two minutes, allowing the flour and spices to coat the bottom of the skillet, but not burn.

4. Add the tomato sauce and veggie broth to the skillet and stir well to combine, making sure to scrape and dissolve any browned bits off the bottom of the skillet.
5. Add the uncooked macaroni and stir to combine. Place a lid on the skillet and turn the heat up to medium-high. Allow the broth to come up to a full boil. Once boiling, give the pasta a quick stir to loosen any that is stuck to the bottom, turn the heat down to medium-low, and place the lid back on top.
6. Allow the macaroni to simmer, stirring every few minutes and always replacing the lid, until the macaroni is tender and the broth has reduced to a rich red gravy (about 10 minutes).
7. Stir half of the shredded cheese into the sauce until melted, and sprinkle the remainder on top. Place a lid on the pot, turn the heat off, and allow the residual heat to melt the cheese on top. Serve hot and enjoy!

NUTRITION

Nutrition Facts

Chili Mac

Amount Per Serving (1 serving)

Calories	472	Calories from Fat	99
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		% Daily Value*	
Fat	11g	17%	
Carbohydrates	69g	23%	
Protein	35g	70%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!