Walnut Chili Mac

Prep: 10 minutes | Cook: 45 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

1 tablespoon oil

½ cup onion, chopped

½ pound lean ground beef

¾ cup chopped walnuts

1½ cups water

1 cup salsa

2 Roma tomatoes, diced

1 (15.5-ounce) can great northern beans, drained and rinsed

1½ cups whole-wheat elbow macaroni pasta, uncooked

Optional toppings: Shredded cheese and sliced scallions (green onions)

Directions

1. Heat a large saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, ground beef, and walnuts.
4. Cook for 5 minutes until brown, stirring frequently.
5. Stir in the water, salsa, tomatoes, and beans.
6. Increase the heat to high and bring to a rolling boil.
7. Add the uncooked pasta.
8. Reduce the heat to low and cover the pot with a lid.
9. Simmer over low heat until the pasta is tender, about 25-30 minutes.
10. Serve warm, topped with shredded cheese and scallions if desired.

Recipe Notes

- Use ground turkey or substitute additional beans to make the dish more lean or vegetarian.
- Add additional vegetables such as bell peppers, mushrooms, carrots, etc. to increase fiber and nutrient density of this dish.

Nutrition Facts Per Serving: Calories: 280| Total Fat: 12.5 g | Saturated Fat: 2 g
Sodium: 220 mg | Total Carbohydrate: 28 g | Dietary Fiber: 6 g | Protein: 17.5 g

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