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Chili Mac Recipe

1 1/2 lbs. ground beef (or meatloaf mix), turkey or chicken
3 cloves garlic, minced
1 large white onion chopped
1 15oz can chili beans in chili gravy
1 14.5 oz can diced tomatoes and green chilies undrained
1 cup beef broth
1 medium green sweet pepper (other veggies, such as corn,
diced celery and carrots can also be added)
2tsp. chili powder

1 tsp. ground cumin – also healthy for cancer prevention

Always add a tsp. of Turmeric to everything you can possibly think of—it's not a very fragrant spice (so it won't change flavor), but it packs a powerful antioxidant, cancer-fighting punch

8 oz. uncooked cavatappi or macaroni

Shredded cheese

Chopped green onion (optional)

Cook ground beef, onion, and garlic until meat is brown and onion tender. Drain off fat.

In crock pot combine meat mixture, tomatoes and green chilies, sweet pepper, chili powder, cumin, salt and broth over low heat 4-6 hours, or high heat 2-3 hours.

Stir in cooked macaroni, top with cheese, green onions and/or snipped Cilantro!

Both chili recipes can be made in crockpot or roaster for large quantity. For large or small batches, recommend browning meat in oven or roaster at 350° in hotel pan. If using foil pans, suggest lining with parchment to avoid exposure to aluminum. Beef typically has more fat than turkey or chicken, so drain grease fat; or refrigerate overnight so fat solidifies and can easily be discarded.

Ruby Tuesday's White Bean Chicken Chili Recipe

INGREDIENTS

6 cups chicken or veggie stock
1 pound great northern beans (soaked in water overnight)
2 medium onions, chopped
6 cups chicken, diced cooked
2 jalapeno peppers, seeded & diced
2 chili peppers (okay to use canned), diced
1 1/2 teaspoons oregano
2 teaspoons cumin
1/4 teaspoon cayenne pepper
2 garlic cloves, minced
1 cup salsa
1 tablespoon vegetable oil
1 pinch salt (to taste)



Prep Time: 25 mins

Total Time: 3 hrs 25 mins

Servings: 6-8

DIRECTIONS

Simmer beans, half the onions, and half the garlic for 2 hours in the chicken stock or until the beans soften, stirring frequently. Add chicken and salsa.

Saute pepper, spices, and the remaining onions and garlic in the oil and add to the chili.

Simmer for one more hour. Garnish with sour cream, Monterey Jack cheese and fresh chopped cilantro.

NUTRITION FACTS

Serving Size: 1 (312 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 231.3

Calories from Fat 52

23%

Amount Per Serving

% Daily Value

Total Fat 5.8g

8%

Saturated Fat 1.2g

6%

Cholesterol 7.2mg

2%

Sugars 7.6 g

Sodium 633.8mg

26%

Total Carbohydrate 32.4g

10%

Dietary Fiber 6.9g

27%

Sugars 7.6 g

30%

Protein 13.7g

27%

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