

Tex-Mex Macaroni

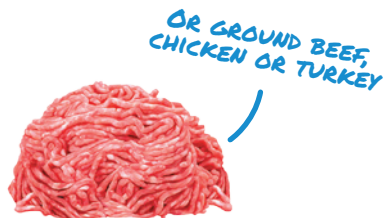
Preparation time	10 minutes
Cooking time	25 minutes
Servings	4
Cost per serving	\$2.62
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Large pot, large frying pan, cutting board, sharp knife, measuring cups and spoons, wooden spoon, colander, can opener, grater



Ingredients



15 ml (1 tbsp)
canola oil



375 g (¾ lb)
ground pork



1 small **yellow onion**, chopped
(about 125 ml / ½ cup)



Salt and pepper
to taste



15 ml (1 tbsp)
chili powder



1 **garlic clove**,
finely chopped



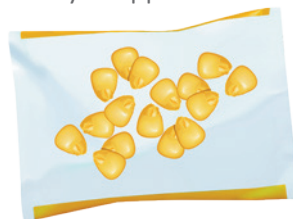
375 ml (1½ cups)
dry macaroni



1 can (796 ml)
diced tomatoes



1 can (540 ml) **black beans**,
drained and rinsed



250 ml (1 cup)
frozen corn nibs

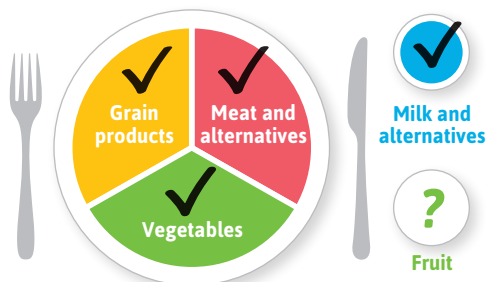


Tabasco-style hot sauce, to taste



250 ml (1 cup) **grated cheddar cheese**

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Balanced plate

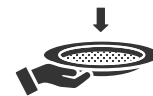
Serve with:

? A fruit

? A glass of milk or fortified soy beverage to round out the serving

Directions

- 1 Bring a pot of **salted water** to a boil over high heat.
- 2 Meanwhile, in a large frying pan over medium-high heat, heat the **oil**, add the **ground pork** and cook without stirring until the pork starts to brown (about 2 to 3 minutes).
- 3 Add the **onions, chili powder, garlic, salt** and **pepper**. Mix and cook for 2 minutes.
- 4 Meanwhile, place **macaroni** in the boiling water and cook as indicated on the package.
- 5 Add the **diced tomatoes, black beans, corn** and **hot sauce** to the pork. Mix.
- 6 Bring mixture to a boil, then reduce heat to medium-low and cook for 5 minutes.
- 7 Once the **macaroni** is cooked, drain and return to pot. Add the **tomato and pork-based sauce**, combine and continue to cook on low heat for 5 minutes.
- 8 Garnish with grated **cheddar cheese** and serve.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition