

# Chili Mac

*This recipe makes about 9 cups*



## Ingredients

2 cloves minced garlic  
1 chopped onion  
1 bell pepper  
1 lb. lean ground beef  
28 oz can of crushed tomatoes  
15 oz can of kidney beans  
2 ¾ cups of vegetable broth  
8 oz elbow macaroni  
1 tsp cayenne pepper  
2 tsp paprika  
2 tsp cumin  
1.5 tsp onion or garlic powder  
1 tsp oregano  
½ tsp pepper  
2 cups cheddar cheese

## Directions:

1. Chop the onion and pepper
2. In a large pot or deep skillet, add a few tablespoons of vegetable broth, add the minced garlic and chopped onion. Sauté for a few minutes until fragrant
3. Stir in the chopped bell pepper and continue cooking until the onions become translucent
4. In a separate pan, cook the lean ground beef over medium heat until browned
5. Drain, rinse with hot water, and pat dry with a paper towel to remove as much excess oil as possible
6. Increase the heat to high and return the cooked ground beef to the pot with the vegetables
7. Stir in the crushed tomatoes, remaining vegetable broth, drained kidney beans, and elbow macaroni
8. Add cayenne pepper, paprika, cumin, onion or garlic powder, oregano, black pepper, and salt to taste
9. Reduce the heat to medium and let simmer for 10-12 minutes, stirring occasionally, until the macaroni is tender but firm
10. The sauce should thicken and not be watery
11. Add the cheese and stir allowing the cheese to melt
12. Add parchment paper to your trays
13. Spread the beef stroganoff evenly onto your trays
14. Add dividers if using. We like the 10-portion setting
15. Pre Freeze when possible
16. Freeze dry (my cycle time was 23 hours)
17. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 of your ten divider portions or about 1 ¾ cups of the freeze-dried cheesy chili mac to a bowl, jar, or mylar bag. Add about 1 ½ cups of boiling water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Enjoy!

**Notes:** Store this in meal-size portions for easy grab-and-go for road trips or camping.

## Nutritional Value Per 2 divider portions or about 1 ½ cups

Calories 457 Carbohydrates 53 g Protein 28 g Fat 15 g Sugar 8 g Fiber 7 g