

CHILI-PASTA SKILLET DINNER

Prep Time: 5 minutes

Cook Time: 20 minutes

Included in Box:

- 1 (15 oz) can no salt kidney beans, rinsed and drained
- 1 (14.5 oz) can low sodium diced tomatoes, undrained
- ½ c. canned low sodium spaghetti sauce
- ½ c. whole wheat elbow pasta, uncooked

Additional Ingredients Needed:

- 1 small onion (~½ c.), diced
- 1 tsp garlic powder
- ½ tsp chili powder

Directions:

1. Combine all ingredients in a medium skillet over medium high heat.
2. Bring to boil; then reduce heat to low and simmer for 20 minutes or until pasta is cooked. Stir occasionally.



Nutrition Facts*

Total Servings: 2
Serving Size: ~1 c.
Calories: 364
Fat: 1 g
Sodium: 359 mg
Carbohydrates: 72 g
Fiber: 21 g
Protein: 18 g
Carbohydrate Servings: 5

**Nutrient facts include canned 50% less sodium kidney beans, canned no salt added diced tomatoes, canned no salt added spaghetti sauce with tomato bits, cooked whole wheat elbow pasta, small white onion, and spices.*