



One Pot Chili Mac and Cheese



Ingredients:

- 1 TBLS olive oil
- 2 garlic cloves , minced
- 1 onion , finely chopped
- 1 red capsicum / bell pepper, chopped
- 1 lb ground beef, lean
- 28 oz crushed canned tomato
- 14 oz can red kidney beans , drained
- 2 ½ cups beef broth
- 8 oz elbow macaroni pasta (elbow pasta), uncooked
- 2 cups shredded cheese (cheddar, Monterey Jack)
- ¼ cup coriander / cilantro finely chopped, for garnish

Spices (Homemade Chili Powder):

- 1 tsp cayenne pepper or pure chili powder (adjust spiciness to taste) (Note 1)
- 2 tsp paprika powder
- 2 tsp cumin powder
- 1 ½ tsp onion powder (can sub garlic powder)
- 1 tsp dried oregano
- ½ tsp black pepper
- 1 ¼ tsp salt

Method:

1. Heat oil in large pot over high heat. Add garlic and onion, cook for 1 minute. Then add capsicum and cook until onion is translucent.
2. Add beef and cook, breaking it up as you go.
3. Once the beef turns from red to brown, add remaining ingredients except cheese. Stir, bring to simmer, and then turn the heat down to medium.
4. Cover and cook for 12 minutes or until the macaroni is al dente, meaning just cooked, still a tiny bit on the firm side. It should be saucy but not tons of liquid (see video).
5. Turn the stove OFF but leave the pot on the stove. Stir through half the cheese – it should be a bit saucy. Adjust salt and pepper to taste. Top with remaining cheese, put the lid back



on, and leave until the cheese melts - about 2 minutes (sauce will absorb further during this period).

6. Sprinkle with coriander, if desired, and serve immediately.

Chef's Tip

1. In the US, Chili Powder has other things in it so it is nowhere near as hot as pure Chili powder. This recipe calls for pure ground chili for spiciness. Cayenne pepper is a perfect substitute, or any other HOT chili powder. Chili is supposed to be spicy!
2. The key with this recipe is to turn the stove OFF as soon as the pasta is just cooked. The pasta will keep cooking when you put the lid on to melt the cheese. Do not worry if it is still saucy - saucy is GOOD! In addition, sauce always is sucked up by pasta so there will be less by the time you serve it.
3. Leftovers freeze fine, thaw then best reheated in microwave. For make ahead freezing, take it off the stove when the pasta is a tiny touch still firm. It should still be saucy. Let it cool, and then top with cheese. Cover then freeze. Then to reheat, let it thaw overnight, then microwave is best to reheat (fastest so pasta will not bloat).