

Mac and Beans Medley

Serves 4

Ingredients:

- 4 garlic cloves
- 1 bell pepper (green, red, yellow, or orange)
- 2 tablespoons oil
- 1 can tomatoes (14-15 ounces, diced)
- 1 can beans (15.5 ounces, black, kidney, pinto or other, drained and rinsed)
- 1 teaspoon red pepper flakes (crushed)
- 2 cups macaroni (cooked, without salt or fat added or other pasta)



Directions:

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.

NOTE: one 15oz can is roughly equivalent to 1/2 to 3/4 cup dried (Bean Institute)

Source: USDA Mixing Bowl, What's Cooking?

Nutrition Facts	
4 servings per container	
Serving size	1/4 of recipe (348g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 280mg	12%
Total Carbohydrate 51g	19%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 3mg	15%
Potassium 579mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



K-State University Agricultural Experiment Station and Cooperative Extension Service
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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