

One-Pot Chili and Pasta

1 Tbsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced

4 c. water
1 16-oz jar chunky salsa
¼ c. ketchup
1 15-oz. can black beans or kidney beans, drained
1 c. dry TVP flakes or granules
1 Tbsp. chili powder, or to taste
Cayenne pepper, to taste
1 tsp. salt
3 c. dry pasta (shells, rotini, mafalda, etc.)

In a large saucepan, brown the onions and garlic in the oil. Stir in everything but the pasta and bring to a boil. Add pasta; reduce heat and simmer, uncovered, for 10–13 minutes, stirring every 2 minutes, until pasta is tender and most liquid is absorbed.

4 servings

Per serving: 370 calories; 18g protein; 5g fat; 67g carbohydrate; 0mg cholesterol

Source: adapted from the recipe on a box of San Giorgio mafalda