

# Chili Mac and Cheese

A family meal that's ready in 30 minutes.

BY REE DRUMMOND Published: Sep 6, 2024

YIELDS:  
8 serving(s)

PREP TIME:  
10 mins

TOTAL TIME:  
30 mins

## Ingredients

- 2 Tbsp. olive oil
- 1 lb. ground beef
- 3 garlic cloves, minced
- 1 small yellow onion, diced
- 2 Tbsp. chili powder
- 2 tsp. ground cumin
- Kosher salt and black pepper

## Directions

- 1 | Heat the olive oil in a large skillet over medium-high heat. When the oil is hot, add the ground beef, garlic, and onion. Season with the chili powder, cumin, and a good pinch of salt and pepper. Cook, breaking up the meat with a wooden spoon, until the beef is cooked through and browned, 6 to 8 minutes. Stir in the beef broth, tomato sauce, macaroni, and beans. Bring to a simmer, cover, and cook, stirring occasionally, until the sauce is thick and the macaroni is al dente, 12 to 14 minutes.

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Remove the pan from the heat. Add the cheddar and pepper jack, and fold until the cheese is completely melted. Serve in bowls with cilantro, more cheddar, some hot sauce, and sour cream.

- 3 cups beef broth
- 1 (8-oz.) can tomato sauce
- 12 oz. large elbow macaroni
- 1 (15-oz.) can pinto beans, drained
- 1 1/2 cups grated cheddar, plus more for serving (about 6 oz.)
- 1 cup grated pepper jack cheese (about 4 oz.)
- Cilantro, for serving
- Hot sauce, to taste
- Sour cream, for serving (optional)

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What? Can comfort food be healthy? Yes 🍷

**Nutrition information estimate:**

Calories : 524

Protein: 34 grams

Carbohydrate: 45 grams

Fat: 22 grams

Sodium: 800 grams

Potassium: 787 grams

Fiber: 8 grams

YAK