



## Chili Mac, Mexican Style

READY IN



80 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black to taste
- 15 ounce black beans rinsed drained canned
- 28 ounce canned tomatoes diced with juice canned
- 1 pound chorizo sausage
- 0.5 tablespoon corn oil
- 2 cloves garlic minced
- 0.5 pound macaroni
- 1 medium onion chopped
- 0.5 tablespoon mexican oregano dried

- 2 poblano chile peppers fresh
- 0.3 cup queso añejo (aged Mexican cheese)
- 0.8 teaspoon salt to taste
- 4 tablespoons cup heavy whipping cream sour
- 1 cup water

## Equipment

- baking sheet
- oven
- wooden spoon
- dutch oven

## Directions

- Preheat oven to broil.
- Place peppers on a baking sheet and place in oven. Allow skin to blacken and blister, turning the chile peppers until all sides are done. (Note: Do not overcook.) When they are done, place them in a paper bag and seal. In about 15 to 20 minutes, take them out of the bag and peel the skin off each one under running water.
- Remove the stems and seeds, then chop.
- Heat oil in a Dutch oven over medium heat. Squeeze chorizo out of casings into the hot oil. With a wooden spoon, break up the sausage, and cook about 4 minutes.
- Remove sausage, and set aside. Stir onion into oil, and cook until soft and translucent. Stir in garlic, and cook for 1 minute. Stir in poblano peppers, and heat through 1 minute.
- Increase the heat to high, and stir in tomatoes with liquid, black beans, water, macaroni, salt, pepper, and oregano. Bring to a low boil. Reduce heat to low; cover, and cook, stirring occasionally, until the macaroni is al dente, about 10 minutes.

## Nutrition Facts

 **PROTEIN 18.8%**  **FAT 34.98%**  **CARBS 46.22%**

## Properties

Glycemic Index:34.75, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:20.482173934579%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 578.45kcal (28.92%), Fat: 22.26g (34.24%), Saturated Fat: 11.95g (74.71%), Carbohydrates: 66.18g (22.06%), Net Carbohydrates: 55.89g (20.33%), Sugar: 4.41g (4.9%), Cholesterol: 93.73mg (31.24%), Sodium: 901.53mg (39.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.83%), Vitamin C: 58.4mg (70.79%), Selenium: 39.21µg (56.01%), Manganese: 0.92mg (46.07%), Fiber: 10.28g (41.13%), Phosphorus: 282.82mg (28.28%), Iron: 4.6mg (25.58%), Folate: 88.63µg (22.16%), Copper: 0.43mg (21.58%), Magnesium: 81.01mg (20.25%), Vitamin A: 922.77IU (18.46%), Potassium: 603.07mg (17.23%), Vitamin B6: 0.32mg (16.03%), Vitamin B1: 0.24mg (15.8%), Calcium: 155mg (15.5%), Vitamin B2: 0.24mg (13.88%), Zinc: 1.77mg (11.81%), Vitamin B3: 1.99mg (9.97%), Vitamin K: 8.53µg (8.12%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.66mg (4.42%), Vitamin B12: 0.11µg (1.86%)