



Chili Macaroni Casserole

READY IN



70 min.

SERVINGS



19

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 15 ounce kidney beans rinsed drained canned
- 16 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 10.8 ounce condensed cheddar cheese soup canned
- 1.3 ounce chili seasoning
- 16 ounce elbow macaroni
- 1.5 teaspoons garlic powder
- 2 pounds ground beef lean

- 10.8 ounce milk canned
- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 1.3 ounce taco seasoning
- 1 cup tortilla chips crushed
- 14 ounce kernel corn whole drained canned

Equipment

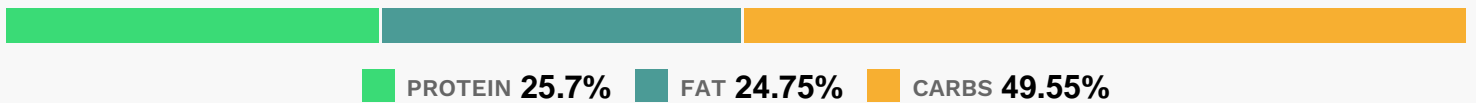
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- colander

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- In a large skillet over medium heat, cook and stir the ground beef with onion until the meat is browned, about 10 minutes. Break the meat up into crumbles as it cooks; drain excess grease.
- Mix in the tomato sauce, diced tomatoes, corn, kidney beans, taco seasoning, and chili seasoning; bring to a boil, reduce heat to a simmer, and cook, stirring occasionally, for about 20 minutes.
- Whisk the Cheddar cheese soup and milk in a saucepan until smooth, and bring to a simmer over medium-low heat.

- Whisk in 1 cup of shredded Cheddar cheese, 1/2 cup of sour cream, and garlic powder; season to taste with salt and black pepper.
- Arrange the cooked macaroni into the bottom of a 10x15-inch baking dish, and mix with the soup mixture.
- Pour the ground beef chili over the macaroni, and sprinkle with 1 more cup shredded Cheddar cheese and crushed tortilla chips.
- Bake in the preheated oven until the casserole is hot and bubbling and the cheese topping has melted, 20 to 30 minutes.
- Serve topped with dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:14.766086806422%

Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 287.04kcal (14.35%), Fat: 7.94g (12.22%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 31.5g (11.46%), Sugar: 4.68g (5.2%), Cholesterol: 38.12mg (12.71%), Sodium: 628.16mg (27.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.11%), Selenium: 26.37µg (37.67%), Vitamin A: 1394.26IU (27.89%), Phosphorus: 250.52mg (25.05%), Zinc: 3.54mg (23.59%), Manganese: 0.41mg (20.56%), Vitamin B3: 4.07mg (20.35%), Vitamin B12: 1.22µg (20.32%), Vitamin B6: 0.37mg (18.43%), Potassium: 599.52mg (17.13%), Fiber: 4.28g (17.13%), Iron: 2.93mg (16.29%), Magnesium: 52.71mg (13.18%), Vitamin B2: 0.21mg (12.54%), Copper: 0.24mg (11.86%), Vitamin E: 1.59mg (10.6%), Calcium: 105.94mg (10.59%), Vitamin B1: 0.12mg (7.88%), Vitamin B5: 0.78mg (7.83%), Folate: 27.33µg (6.83%), Vitamin C: 5.37mg (6.5%), Vitamin K: 5.96µg (5.67%), Vitamin D: 0.26µg (1.73%)