

Chili over Noodles

Prep: 15 min

Cook: 30 min

Yield 4 Servings

Ingredients:

8 ounces uncooked shell pasta
1 medium green pepper, chopped (1 cup)
1 medium onion, chopped (1 cup)
1 jalapeno, chopped
1 garlic clove, minced
1 tablespoon chili powder
½ tablespoon ground cumin
½ teaspoon oregano
¼ teaspoon salt
⅛ teaspoon pepper
1 ½ teaspoons olive oil
1 can (14 oz) diced tomatoes, undrained
1 can red beans, rinsed and drained
½ cup sour cream

Directions:

In a large nonstick skillet sauté green peppers, onions, jalapeno, garlic and spices in oil for 10 minutes.

Stir in the tomatoes, sauce, paste and beans then bring to a boil.

Reduce heat to med-low; simmer, uncovered, for 20 min.

Cook 8 ounces of pasta to package directions.

Serve chili over the pasta.

Add sour cream to the top if desired.