

# Three Alarm Spaghetti and Pinto Bean Chili Soup of the Month – April 2012



Taco sauce provides a flavorful addition to this spaghetti and bean chili - perfect for a quick weeknight dinner.

**Prep Time:** 35 Min

**Start to Finish:** 35 Min

**Makes:** 5 servings

## INGREDIENTS

- 1 tablespoon canola oil
- 1 large onion, chopped (1 cup)
- 1 medium green bell pepper, chopped (1 cup)
- 3 cups water
- 1/2 cup taco sauce
- 2 teaspoons chili powder
- 1/4 teaspoon ground cinnamon
- 2 cans (10 oz. each) diced tomatoes with green chilies, un-drained
- 6 oz. uncooked spaghetti, broken into thirds (2 cups)
- 1 can (15 to 16 oz.) pinto beans, drained, rinsed
- Sour cream, if desired
- Jalapeño chilies, if desired

## DIRECTIONS

1. In 4-quart Pot, heat oil over medium-high heat. Cook onion and bell pepper in oil 3 to 5 minutes, stirring occasionally, until crisp-tender.
2. Stir in water, taco sauce, chili powder, cinnamon and tomatoes. Heat to boiling; reduce heat to medium-low. Simmer uncovered 5 minutes, stirring occasionally.
3. Stir in spaghetti and beans. Heat to boiling; reduce heat to medium. Cook uncovered 8 to 10 minutes, stirring occasionally, until spaghetti is tender. Garnish each serving with sour cream and jalapeño chilies.

**Recipe Provides:** Fats & Oils 1tsp, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1c

## NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Cup approx.	<b>Total Fat:</b>	4 ½ g	<b>Saturated Fat:</b>	1 g
<b>Calories:</b>	350	<b>Calories from Fat:</b>	40	<b>Carbohydrates:</b>	63 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	11 g	<b>Sodium:</b>	460 mg



Recipe from [www.eatbetterearly.com](http://www.eatbetterearly.com)