

# Spanish Macaroni

## Ingredients

- 1 bell pepper, diced
- 1 onion, diced
- 2 cups water
- 2 cans diced tomatoes
- 2 cans beans (pinto, black, or kidney), drained and rinsed
- 1 box mac and cheese (omit cheese packet)
- 1 tsp cumin powder (optional)

## Directions

1. In a large skillet, sauté onion and 1 Tbls water on medium heat, until onion is translucent. Add bell pepper and cook another two minutes.
2. Add remaining ingredients, except macaroni, heat to a low boil.
3. Stir macaroni noodles into the mixture and reduce heat to low. Cover and cook until macaroni is tender, 10-15 minutes, adding additional water as needed.

### Tips:

- Use 3 cups of any dry pasta for this dish. Boxed mac and cheese is a suggestion based on foods commonly available at a food pantry.
- Cumin powder will add some heat. It is optional if you don't like spice or don't have any available.
- Bell pepper and onion can be fresh or frozen.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

**CREATE** SNAP-ED  
**BETTER HEALTH.**

# Spanish Macaroni

## Ingredients

- 1 bell pepper, diced
- 1 onion, diced
- 2 cups water
- 2 cans diced tomatoes
- 2 cans beans (pinto, black, or kidney), drained and rinsed
- 1 box mac and cheese (omit cheese packet)
- 1 tsp cumin powder (optional)

## Directions

1. In a large skillet, sauté onion and 1 Tbls water on medium heat, until onion is translucent. Add bell pepper and cook another two minutes.
2. Add remaining ingredients, except macaroni, heat to a low boil.
3. Stir macaroni noodles into the mixture and reduce heat to low. Cover and cook until macaroni is tender, 10-15 minutes, adding additional water as needed.

### Tips:

- Use 3 cups of any dry pasta for this dish. Boxed mac and cheese is a suggestion based on foods commonly available at a food pantry.
- Cumin powder will add some heat. It is optional if you don't like spice or don't have any available.
- Bell pepper and onion can be fresh or frozen.

Extension

UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

**CREATE** SNAP-ED  
**BETTER HEALTH.**