

One Pot Vegetarian Chili Mac and Cheese

Instructions:

1. Heat olive oil in a large Dutch oven or soup pot over medium high heat. Add onion and red pepper and sauté until tender, about 4 minutes. Add the garlic and tomato paste, cook for 2 minutes.
2. Stir in vegetable broth, diced tomatoes, tomato sauce, red beans, black beans, chili powder and cumin. Season with salt and pepper, to taste.
3. Add the uncooked macaroni and stir to combine. Place a lid on the pot, turn the heat up to medium high and bring to a boil. Stir often to loosen the noodles from the bottom of the pan. When it reaches a boil, reduce to low and simmer until the pasta is cooked, about 12-15 minutes.
4. Remove from heat and remove the lid. Stir in 1/2 cup of the shredded cheddar cheese. Top with remaining 1/2 cup cheese and place the lid on until cheese is melted. Garnish with green onions, if desired. Serve immediately.

Source: twopeasandtheirpod.com

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, seeds removed and diced
- 3 cloves garlic, minced
- 2 tbsp tomato paste
- 2 cups vegetable broth
- 1 14.5 oz can diced tomatoes
- 1 15 oz can tomato sauce
- 2 15 oz cans small red beans or kidney beans, drained and rinsed
- 1 15 oz can black beans, drained and rinsed
- 1 tbsp chili powder
- 2 tsp ground cumin
- Kosher salt and freshly ground black pepper, to taste
- 2 cups uncooked macaroni pasta
- 1 cup shredded cheddar cheese
- 1/4 cup sliced green onions for garnish, if desired

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Sun-Dried Tomato, White Bean and Artichoke Pesto Pasta Salad

Instructions:

1. Bring a large pot of salted water to boil. Cook the pasta until al dente according to package directions. Drain and rinse the pasta with cold water. Transfer the pasta to a large bowl.
2. Add the basil pesto to the pasta and stir until the pasta is well coated. Gently stir in the white beans, artichoke hearts, sun-dried tomatoes, arugula and Parmesan cheese. Season with salt and black pepper, to taste. Garnish with fresh basil and pine nuts, if using. Serve immediately or chill until ready to serve.

Source: twopeasandtheirpod.com

Ingredients:

- 16 oz fusilli pasta, or other short cut pasta
- 1 cup basil pesto
- 14 oz white beans, rinsed and drained
- 14 oz artichoke hearts, drained and roughly chopped
- 6 oz sun-dried tomatoes, drained and roughly chopped
- 2 cups arugula
- ½ cup shredded Parmesan cheese
- Salt and black pepper, to taste
- 3 tbsp fresh basil, chopped
- 2 tbsp pine nuts for garnish, optional

Tuna Noodle Casserole

Instructions:

1. Preheat oven to 350°F.
2. Mix together the cream of chicken soup, cream of celery soup, milk, sour cream, black pepper and garlic powder.
3. Stir in the tuna and peas.
4. Add the egg noodles and stir until evenly coated. Spread in a greased 9x13 inch pan.
5. Mix together the crushed Ritz crackers and melted butter. Sprinkle over the casserole.
6. Bake at 350°F for 25-30 minutes, until bubbly and heated through.

Source: thegunnysack.com

Ingredients:

- 10 1/2 oz can cream of chicken soup
- 10 1/2 oz can cream of celery soup
- 1 cup milk
- 3/4 cup sour cream
- 1 tsp black pepper
- 1/2 tsp garlic powder
- (2) 5 oz cans light tuna in water, drained
- 1 cup frozen peas
- 5 cups cooked egg noodles
- 1 cup crushed Ritz crackers
- 1/4 cup butter, melted

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