



Easy Chili Cavatappi

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

This very easy recipe uses two pans and has pantry written all over it It tastes like what you would expect if Hormelreg and Chef Boyardeereg shared a kitchen Perfect for kids Substitute the cavatappi with any fullbodied pasta such as bowtie wagonwheel or mostaccioli You can even sneak in some frozen corn for a little texmex feel Top it with cheese when serving

Ingredients

- - 2 quarts water - $\frac{1}{4}$ teaspoon sea salt - 1 (8 ounce) package cavatappi pasta - 1 teaspoon olive oil - $\frac{1}{4}$ cup finely chopped onion - 1 clove garlic
- minced - 1 pound ground beef - 1 (15 ounce) can tomato sauce - 1 tablespoon chili powder - $\frac{1}{2}$ teaspoon ground cumin - 1 (15 ounce) can seasoned black beans
- undrained - $\frac{1}{4}$ teaspoon freshly ground black pepper

Instructions

1. Bring water to a boil in a large pot; add salt. Pour cavatappi into the boiling water and cook until tender but firm to the bite
2. 10 to 12 minutes; drain and rinse cavatappi. Heat olive oil in a large skillet over medium heat; cook and stir onion and garlic in the hot oil until onion is softened and transparent
3. 5 to 10 minutes. Increase heat to medium-high and stir ground beef into onion mixture. Cook and stir until ground beef is browned and crumbly
4. 5 to 10 minutes. Drain excess grease and return skillet to heat. Mix tomato sauce
5. chili powder
6. and cumin into ground beef mixture; cook
7. stirring occasionally
8. until tomato sauce is heated through
9. about 3 minutes. Stir cavatappi into meat sauce until evenly coated; add black beans and pepper. Cook and stir over medium-low heat until flavors have blended
10. about 5 minutes. Cook's Note: For a little extra spice
11. add 1/4 teaspoon cayenne powder.