



GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

TEFAP MAC AND BEANS MEDLEY

Makes 4 Servings



Ingredients

- 1 bell pepper (green, red, yellow, or orange)
- 2 tablespoons oil
- 1 can tomatoes (14-15 ounces, diced)
- 1 can beans (15.5 ounces, black, kidney, pinto or other, drained and rinsed)
- 1 teaspoon red pepper flakes (crushed)
- 2 cups macaroni (cooked, without salt or fat added or other pasta)

Directions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

REGISTER FOR CREATE BETTER HEALTH CLASSES!

SNAP-Ed or Supplemental Nutrition Assistance Program Education is excited to offer Create Better Health Nutrition Classes online starting March 3rd at 4pm!

If you are interested in learning how to make positive changes for your health or simply want to know how to cook nutritious meals on a budget, while staying home, contact us! Our Nutrition Educators will be teaching Create Better Health classes on Zoom. If you do not know how to use Zoom, the educators will assist you!

Create Better Health will show you how to learn to plan, shop, and prepare healthy, low-cost meals while increasing physical activity.

These **CLASSES** are **FREE** if you and your family qualify for FDIPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC.

Contact Ann Katt or Courtney Angelo by emailing snap-edgearycounty@ksu.edu to register. You can also visit our website at <https://www.geary.k-state.edu/health-home-family/family-nutrition-program.html>



MAC AND BEANS MEDLEY NUTRITION INFORMATION

1 Serving

OR

1/4 of the Recipe

Calories 340
Total Fat 10 g
Saturated Fat 1.5 g
Cholesterol 25 mg
Sodium 280 mg

Total Carbohydrate 51 g
Dietary Fiber 10 g
Total Sugars 5 g
Protein 14 g

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K-STATE
Research and Extension

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