

# Chili Mac (Low FODMAP)

Prep Time: 15minutes

Cook Time: 30minutes

Total Time: 45minutes

Makes: 8 Servings

Calories: 316 kcal

## Ingredients:

- 8-ounces (225 g)low FODMAP gluten-free macaroni, such as Jovial
- 1 teaspoon Garlic-Infused Oil, made with vegetable oil
- 1 cup (4.5oz) finely chopped scallions, green parts only
- 1 green bell pepper,cored, diced
- 1-pound (32oz )lean ground beef, preferably at least 80% lean ([Beyond Beef](#))
- 2 tablespoon cumin
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- ¼ teaspoon cayenne
- ¼ teaspoon chipotle powder - ([use Smoked Paprika](#))
- ½ teaspoon kosher salt,plus extra
- Freshly ground black pepper
- 1 cup (8oz)low FODMAP Beef Stock
- 1 cup (8oz)canned diced tomatoes, with juice
- 1 cup (8oz)canned tomato purée
- ½ cup (4oz)canned, drained black beans ([use 8oz -no pinto](#))
- ½ cup (4oz)canned, drained pinto beans ([NO](#))
- 3-ounces sharp cheddar cheese, shredded ([use mild](#))
- 3-ounces mozzarella, shredded

## **Preparation:**

1. Cook your macaroni in a large pot of salted boiling water until a little firmer than al dente, drain and set aside.
2. Heat the Garlic-Infused Oil in a large Dutch-oven over low heat and sauté the chopped scallion greens until beginning to soften, then add the green pepper and sauté for another minute or two.
3. Add the ground beef, breaking it up well and cook over medium heat until it is about halfway cooked through, then add the cumin, oregano, paprika, cayenne, chipotle powder,  $\frac{1}{2}$  teaspoon salt and generous grindings of black pepper. Keep sautéing until beef is no longer pink.
4. Add the beef stock, diced tomatoes, tomato purée, black beans and pinto beans.
5. Stir everything together well. Cover, adjust heat and simmer for about 15 minutes to develop flavor.
6. Meanwhile, place rack in middle of oven and preheat broiler to high.
7. Taste the chili and adjust seasoning.
8. Fold reserved macaroni into chili.
9. Sprinkle the top with both cheeses and set under broiler until cheese is melted.
10. Serve immediately.

Leftovers can be refrigerator for up to 3 days and reheated in the microwave.

## Notes:

### Tips

#### FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Black Beans:** Canned and drained beans have the lowest FODMAP contents. Both Monash University and FODMAP Friendly have lab tested black beans. FODMAP Friendly gives them a “Fail” at  $\frac{1}{2}$  cup (150 g) and we do not know if they were canned, whether they were drained or whether they were cooked from dry. Monash tells us that canned, drained black beans are Green Light low FODMAP at 40 g or about 1/6 cup.
- **Cheese:** Many cheeses have low FODMAP serving sizes. The low FODMAP diet is not a dairy-free diet. Hard cheeses such as Parmigiano Reggiano or Pecorino Romano have been lab tested by Monash University and are low FODMAP in 40 g amounts.
- **Garlic-Infused Oil:** Make your own Garlic-Infused Oil or buy a commercial equivalent for the easiest way to add garlic flavor to your food. Fructans in garlic are not oil-soluble, so garlic-infused oil is low FODMAP.
- **Green Bell Peppers:** Green bell peppers have been lab tested by Monash University and are recommended in low FODMAP amounts of  $\frac{1}{2}$  cup or 52 g. FODMAP Friendly has lab tested green bell peppers and states that 1 small pepper at 75 g is low FODMAP.
- **Pasta:** You have to read labels but there are many low FODMAP and gluten-free brands of pasta available. Use what is called for in individual recipes. Our go-to is rice based pasta. Monash University lab tests states that 145 g for 1 cup cooked pasta is a low FODMAP serving and FODMAP Friendly lab testing suggested 2 cups or 146 g cooked is low FODMAP.
- **Pinto Beans:** Canned and drained beans have the lowest FODMAP contents. Monash University has lab tested canned, drained pinto beans and states that they are low FODMAP in 45 g portions, equal to about 2 Australian tablespoons.
- **Scallions:** The green parts of scallions are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

## **Nutritional Facts: Chili Mac**

### **Amount Per Serving**

Calories 316	Calories from Fat 99
	% Daily Value*
<b>Fat</b> 11g	17%
<b>Saturated Fat</b> 3g	15%
<b>Cholesterol</b> 44mg	15%
<b>Sodium</b> 349mg	15%
<b>Potassium</b> 231mg	7%
<b>Carbohydrates</b> 32g	11%
<b>Fiber</b> 2g	8%
<b>Sugar</b> 2g	2%
<b>Protein</b> 23g	46%
<b>Vitamin A</b> 197IU	4%
<b>Vitamin C</b> 1mg	1%
<b>Calcium</b> 73mg	7%
<b>Iron</b> 2mg	11%

\* Percent Daily Values are based on a 2000 calorie diet.