

## Chile Mole



Prep time: 20 minutes: Servings: 6

### Ingredients

- 8 oz. whole wheat spaghetti
- 1 – 14 oz. can low-sodium beef broth
- 2 – 15 oz. cans of corn (or Mexican style corn), no salt added
- 1 – 8 oz. can tomato sauce, no salt added
- 2 – 15 oz. cans kidney beans, low-sodium
- 2 Tablespoon garlic flakes
- 2 Tablespoon chili powder
- 1 Tablespoon unsweetened cocoa powder
- ½ tsp cinnamon
- ¼ tsp allspice

### Directions

1. Simmer spaghetti in broth until softened, stirring occasionally.
2. Drain and rinse kidney beans.
3. Open, but do not drain corn.
4. Combine the remaining ingredients in a pot.
5. Add undrained spaghetti. Heat through.

Additional options:

If you have ground turkey or beef on hand, add ½ pound cooked meat to the pot.

Chop vegetables such as carrots, zucchini, or potatoes and add them to the pot to increase the nutritional value and increase the volume of the portions.

### Nutrition

\*For base recipe, this will change if additional items are added.

Serving size: 1 ½ cups

Total Calories	178
Total Fat	1 g fat
Saturated Fat	0.3 g
Cholesterol	0 mg
Sodium	388 mg
Carbohydrates	36 g
Total Sugars	0 g
Dietary Fiber	4 g
Protein	8 g
Potassium	459 mg