

Mexican Macaroni and Cheese

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-macaroni>

Ingredients:

- 12 ounces macaroni
- pasta
- 2 tablespoons olive oil
- 1 white onion small, chopped
- 1 jalapeno finely diced, optional
- 3 cloves garlic minced
- 4 ounces green chiles chopped
- 14 ounces black beans rinsed and drained
- 14 ounces whole kernel corn rinsed and drained
- 12 ounces evaporated milk
- 1 large egg
- 1 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon ground black pepper
- 8 ounces jack cheese shredded Monterrey
- 1 avocado peeled pitted and diced
- fresh cilantro finely chopped
- tortilla chip strips, or crushed tortillas

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 100 milligrams
4. Fat: 35 grams
5. Fiber: 14 grams
6. Protein: 36 grams
7. SaturatedFat: 14 grams
8. Sodium: 1140 milligrams
9. Sugar: 8 grams

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