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## Southwestern Skillet Supper

This fast, hearty supper is a real crowd-pleaser. If you enjoy cooking with meat substitutes, try adding “beef” crumbles. (We added a few chopped Nate’s Meatless Meatballs—fantastic!)

- 2 Tbs. canola oil
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 2 cloves garlic, minced or pressed
- 1 tsp. cumin
- 2 Tbs. chili powder
- ½ tsp. salt
- 1 28-oz. can chopped tomatoes, undrained
- 1 16-oz. can kidney beans, rinsed and drained
- 1 10-oz. package frozen corn
- 2 cups pasta shapes (such as macaroni or gemelli), cooked and drained

1. Heat the canola oil in a large skillet over medium heat, and sauté the onion, bell pepper, and garlic for about 5 minutes. Add cumin, chili powder, and salt. Stir to combine.
2. Add tomatoes, kidney beans, and frozen corn. Bring to a boil; reduce heat and simmer for about 15 minutes, stirring occasionally. Add cooked pasta and “beef” crumbles, if using. Serve immediately.