



Makes 14 cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 15-oz. cans no-salt-added black beans, rinsed and drained (3 cups)

1 28-oz. can no-salt-added crushed tomatoes

2 cups frozen whole kernel corn

1 14.5-oz. can no-salt-added diced tomatoes

12 oz. dried whole grain macaroni

¾ cup chopped onion

4 cloves garlic, minced

1 tablespoon paprika (see tip, recipe intro)

1½ teaspoon sea salt

1 teaspoon ground cumin

¼ teaspoon cayenne pepper

¼ teaspoon freshly ground black pepper

3½ cups low-sodium vegetable broth

½ cup chopped fresh cilantro (optional)

Lime zest

Avocado slices

Avocado Cream (optional) (see tip, recipe intro)

Zesty Macaroni with Black Beans and Corn

Ready in just 25 minutes, this **one-pot** pasta combines sweet corn, protein-packed **black beans**, and tangy tomatoes canned at their peak in a quick and tasty meal the whole family will love. **Avocado Cream** drizzled over the top adds creaminess and softens the acidity of the tomatoes—it's an optional extra but worth making if you have an avocado on hand. If this dish looks more saucy in the pot than you'd like, cover the pot and let it stand for 10 to 15 minutes so the macaroni can absorb more liquid.

Avocado Cream

In a blender combine 1 large avocado, peeled and chopped; ⅓ to ½ cup unsweetened, unflavored plant-based milk; 1 tablespoon lime juice; ¼ teaspoon hot pepper sauce; 1 small clove garlic, chopped; and sea salt, to taste. Cover and blend until smooth.

Tips

For a smokier flavor: Instead of 1 tablespoon of paprika, use 2 teaspoons of regular paprika and 1 teaspoon of smoked paprika.

Gluten-free version: To make this gluten-free, use gluten-free macaroni.

For more inspiration, check out these tasty ideas:

- [Easy Vegan Pasta Salad](#)
- [Flexible Pasta and Bean Soup](#)
- [One-Pot Spicy Tempeh Chili Mac](#)
- [One-Pot Pasta with Spring Veggies](#)

By Laura Marzen, RD, LD

- 1 In a 6-quart Dutch oven combine the first 12 ingredients (through black pepper). Stir in broth. Press down on ingredients with the back of a spoon so macaroni is submerged in liquid.
- 2 Bring to boiling; reduce heat. Cover and simmer 6 to 8 minutes or until macaroni is tender.
- 3 Stir in half of the cilantro (if using) and garnish with lime zest. If you like, top with the remaining cilantro, the sliced avocado, and Avocado Cream.