



Hope For The Future

Now that we've seen the back of 2020,
what comes now?

Surviving Crew Life

How faith and the love for God helped
Samantha survive life on the high seas

Life Shapers

We pay homage to teachers that took
lessons beyond the classroom

For Health and Wealth

We chat to Tendai Chatikobo about her passion for universal health, antenatal well being and preserving the true wealth of our planet, our children

Clap your hands, all you nations; shout to God with cries of joy

~Psalms 47 : 1~

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Purpose:

At TAQA magazine, we are a family of God loving Christians who are excited about sharing testimonies of how God is still speaking today. The conventional pulpit has since evolved over the years and we are the product of that evolution. The WORD is and will always be solid and the same.

We will tackle issues from parenting to schooling to relationships to the covenant of marriage and issues that affect the life of the contemporary Christian. Our aim is to welcome you to our family and to have conversations with you on the goodness of God and encourage you in your everyday life. We hope as we embark on this journey we will move from Glory to Glory in the Lord. Welcome to the praise world of TAQA

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EDITOR'S *Note*



2020 was by far a Faith building year to say the least. We lost so many lives are still losing them to this pandemic. It has literally transformed how we think, act feel, shop, relate and work. Our lives have been irrevocably changed. It has hit hard on a lot of people and while some have managed to rise above it, others not so much. The TAQA family wants to let you know that which ever part of the journey you are on, GOD loves you and HE will never leave you. The articles you will read today will serve as a testament that we can overcome together.

We have been running for a year now and look forward to more years of inspiring and uplifting life stories. **Revelations 12 vs 11** boldly stats that "They overcame him by the blood of the Lamb and the word of their testimony." TAQA is a platform for ordinary people just that. EASTER, the most important holiday of our faith, has come and gone and I hope you celebrated the true reason for the season, the POWER of the CROSS. It is where we all began again with Christ and our past washed away by the power of the CROSS. Mothers' Day is upon us and we are blessed to celebrate the brave and fearless women of this world. Whoever is blessed to still have their mother with them cherish them and love them because their love and dedication is priceless.



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Finding hope for the FUTURE

By Miss Dee

So let's just say 2020 was an unforgettable year. Life as we knew it, changed dramatically. There was a global pandemic, civil unrest and reported alien invasions (I will leave that right there).

Most people were happy to kick 2020 out the door. And I can see why. But guess what, Life goes on as we crawl battle scarred into 2021. Even if it's been predicted by leading scientist, that 2021 looks like it's going the same way as the previous year, life goes on.

So what does that mean to us?

Sometimes, I think as Christians, we expect ourselves to put up this front that everything is alright. That we have little to no worries or concerns. That we have faith, we have hope, we pray and we serve a living **GOD**. So how could we possibly have uncertainties entering this New Year? Like everyone else, we have hopes and fears, disappointments, good and bad times.

Nonetheless, the key is keeping our eyes fixed on God and holding on to His promises.

So for my first article of 2021, I will share the scripture that I will be meditating on:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11 NIV

Allow me to give you a bit of context here with this scripture.

You see the Israelites were in exile, a punishment from **GOD**, as a result of their disobedience. The Prophet Jeremiah confronts the false prophet, Hananiah, who had boldly proclaimed that **GOD** was going to free Israel from Babylon in two years (spoiler alert: **GOD** doesn't do this) Jeremiah calls out Hananiah's lie and then states the promise we read in 29:11. **GOD** does indeed have a good plan for the Israelites, and it is

a plan that will give them hope and a prospering future.

But you see the thing is, before he shares this promise, he gives them this directive from **GOD**: *“seek the peace and the prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”* (Jeremiah 29:7)

the true, gospel confidence that he will give you hope in the midst of it.

Furthermore, Christians can take comfort in knowing that God promises to be there for us in these situations. For in the verses immediately following **Jeremiah 29:11**, God proclaims through Jeremiah that when you *“call on me and come and pray to me... I will listen to you. You will seek me and find me when you seek me with all your heart”* (Jeremiah 19 vs 12-13).

I close this off by leaving you with a prayer:

Christians can take comfort in knowing that God promises to be there for us in these situations.

Thank You, Father, that Your plans are not for my harm, calamity, or evil. Disasters will come, but I thank You that I can trust You to guide me through when these things take place. I'm so grateful that I can trust You to use any challenges in my life for Your glory and my good.

This was not at all what the Israelites wanted to hear. They wanted to be told that they were going to go home. They wanted to be told that their suffering was going to end. Instead, **GOD's** plan was for them to stay right where they were, and to help prosper the nation that enslaved them! And then came the biggest blow of all. In **Verse 10**, **GOD** says that he would fulfil this *“after seventy years are completed in Babylon.”*

This meant that none in the current generation of Israelites would ever return to their home. What a crushing thing to be told!

Yes, of course, **GOD** knows the plans He has for us. And ultimately He will give us a glorious future. But as we walk out our lives on this crazy earth, let's remember that the best growth comes through persevering through trials, not escaping them entirely. And when we learn perseverance, we find surprising joy. In the midst of our suffering, let us cling to **Jeremiah 29 vs 11**, but cling to it for the right reason: not in the false hope that **GOD** will take away our suffering, but in

Thank You, Lord, for the good plans You have purposed for me and for all Your children. Enlarge my vision of You and enable me to trust Your Word of truth through all the circumstances of my life, knowing that Your thoughts towards me are only good continually.

Thank You, Father, that all things work together for good, for those that love You and are fitting into Your plans and purposes. Continue to keep and protect Your people and I pray that many would come to trust in Jesus, their Messiah and King.

This I ask in Jesus' precious name and for his greater glory and joy.

AMEN.



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SURVIVING CREW LIFE

*Beneath the opulent and luxurious veneer
lurks a dark shadow for those that make that
magic happen*



By Samantha Nothando

My journey with Cruise ships began in 2019. I had to fly from Zimbabwe to America and I remember being so excited to be on a plane since it was my first time on one. My first Port was Miami, Florida and everything was different from what I was used to in Zimbabwe. The cars were faster, the weather was hot and humid, but I didn't mind at the time because I was so thrilled to be there. A shuttle came to pick me up from the airport and we headed to the Cruise Port where my new adventure would begin. However, nothing had prepared me for what was to follow. From what I had seen on TV and read in glossy magazines, I had the impression that working in the cruise industry was all about good food, fun and games all on the tranquil high seas. Though that may be true, it is only one picture in an elaborate collage. For a young woman born and raised on the African continent, it was amazing seeing new places and visiting exotic islands but there is the dark side I had not prepared for.

Working on the other side of the world, far from anything familiar with no one close can be depressing. It's a new environment with new people and new authorities you have never encountered. What might be

considered tame or acceptable where you're from might be very offensive here. It takes time to get accustomed to everything while stewing in a melting pot of different cultures and attitudes. In hind sight, I have come to the realisation that if I didn't know **GOD**, I would have taken my life at some point. It sounds extreme but it's true.

What most people don't know about is the depression that comes with working on a cruise ship. Most of the crew have families looking to them for support back home, so giving up and going back home can never be an option. The thought of facing your family and telling them you threw in the towel and knowing you let everyone down is too much to bear. For those without a relationship with God, the easiest way out was suicide.

At one point we experienced a heart-breaking incident. One of my colleagues took his own life by jumping overboard and was caught in the propellers of the ship. For those readers who have watched horror movies I shall leave your imaginations to fill in what happened next. It was a harrowing event that will forever be seared in my mind.



Someone had seen him before and noticed that something was amiss, but by time they alerted the Bridge (*captain's navigation room*) it was too late.

He had spent the day buying everyone in

the power of prayer. Praying calms you, gives you hope, strengthens you and fills your heart with inexplicable joy all at the same time. It's like a Box of surprises where there is a new treat for you each time you

open it. He had never heard of **JESUS CHRIST**, he didn't know about Salvation or that **GOD** loves him and will always be there for him. He gave up because he felt that he was alone. My only regret is that I didn't see the suicidal intentions festering in his depression when he asked about prayer. It surely is a lesson I have learnt to always

testify the goodness of **GOD** at all times as it may be the only chance you may get for that person to experience his grace. I can safely say it was a rude awakening on my part.

All in all being a crew member is fun and eye opening. Within the 2 years I have been there, I have visited 10 countries and Islands including my favourite HAWAII. I had only seen it on TV and imagined what it would be like to actually walk on the beach. My imaginings however were nothing close to the awe-inspiring reality. One **thing** for sure is **HE** makes all things beautiful.

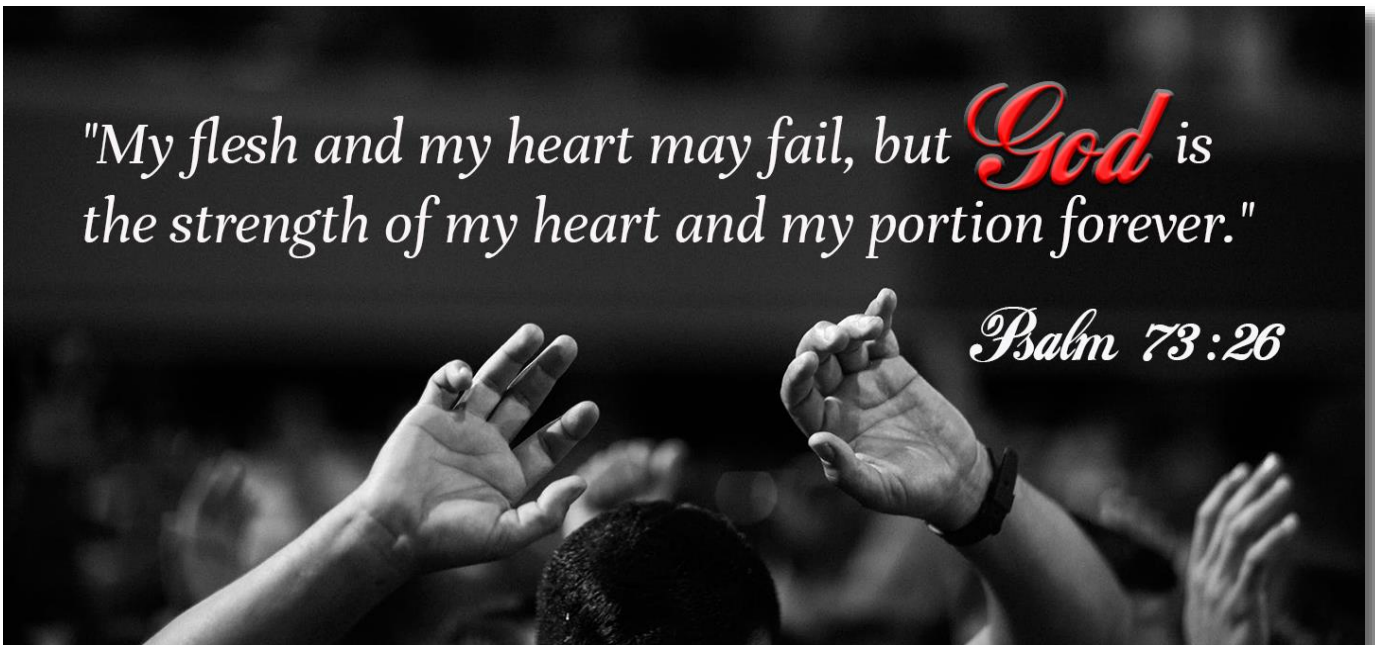
Praying calms you, gives you hope, strengthens you and fills your heart with inexplicable joy all at the same time.

the office candy and everything seemed normal to the rest of us. It made me realise how people suffer in silence. He left a letter to his family about how the pressure of work had taken its toll on him and didn't want to let them down by giving up. Everyone in our office ended up going for counselling as people now started to realize how intense this issue was and still is.

A week before, he had asked me about praying and how I knew that someone was actually listening. I explained to him that my faith leads me to believe God is always listening and that belief has led me out of many dark places. We often underestimate

*"My flesh and my heart may fail, but **God** is the strength of my heart and my portion forever."*

Psalm 73:26



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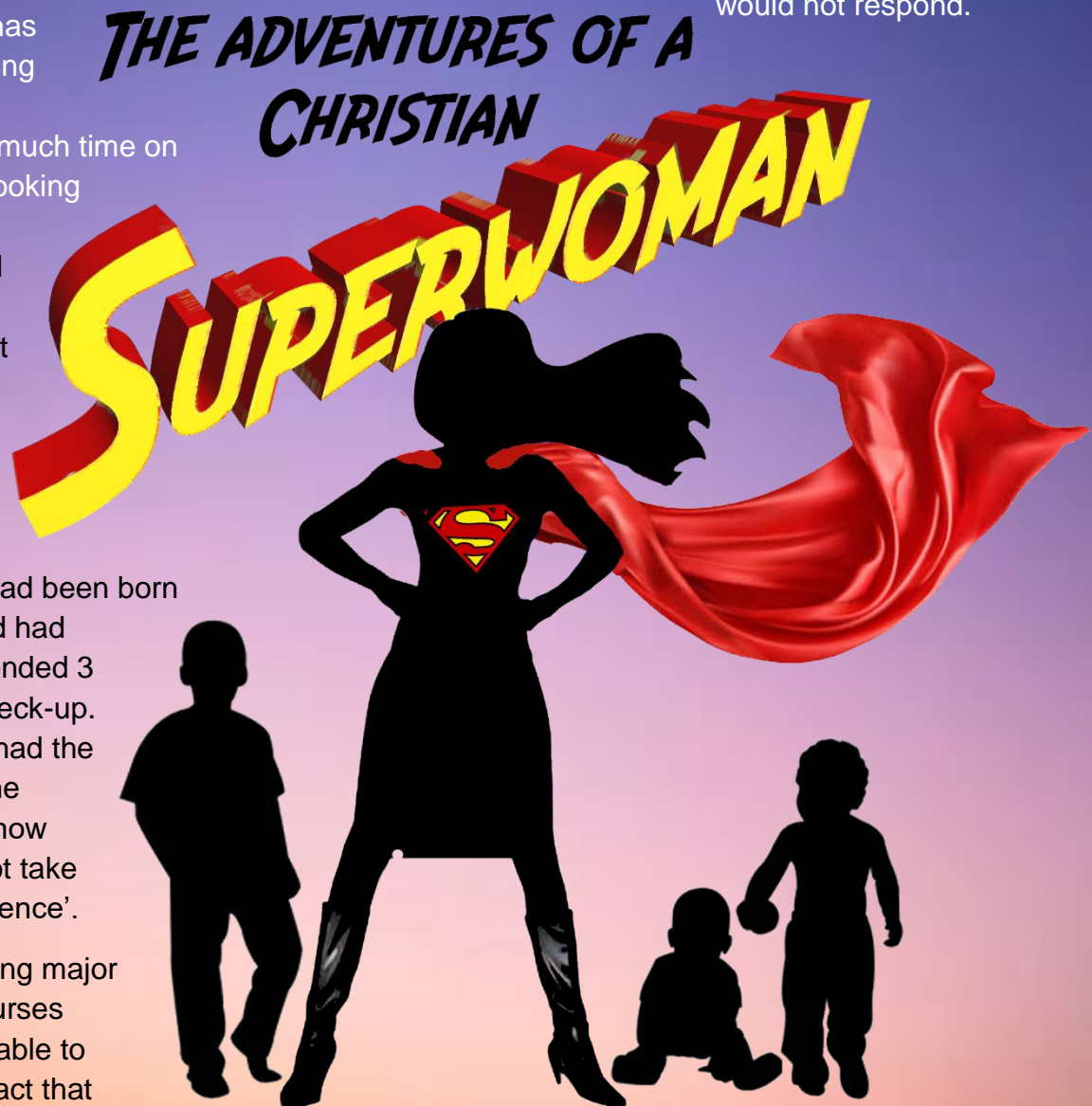
Recently I was reminded of an incident that occurred a while back. My beautiful daughter had just turned 9 months and was coming into her own. As it goes at such a milestone, I took her to the local clinic for her immunization shot and I must say the public health system requires an exceedingly patient heart to survive. (No pun intended)

By Madam Lyn

Even before COVID stretched the available resources, which I understand, there it has always been a gruelling and time munching exercise. So with so much time on my hands, I started looking around the room for friendly faces, I could strike up a conversation with just to pass the time. There was one young mother who had come in to have her new born checked. The baby had been born on the 1st of July and had passed the recommended 3 days or one week check-up. For those who have had the pleasure of visiting the clinic, I'm sure you know that the nurses do not take kindly to such 'negligence'.

The mother was having major difficulties with the nurses because she was unable to speak English. The fact that

she was unable to speak any of the local languages made her predicament direr. Because she could not adequately understand the question, she could not properly articulate how many weeks old the child was when asked. She kept repeating her child's birth date while leaving the admin clerk who was registering her to fill in the gaps herself. Some of the information she just left out due to frustration. The rules of the clinic dictate that all new-borns are seen first regardless of their position in the queue due to their vulnerability. However, every time the nurse called for all new-borns, she would not respond.



She looked timid and also looked like she was afraid of her own shadow. When one of the staff members asked her how old her baby was she once again repeated the birth date.

I actually was sympathizing. Her timid behaviour probably came from a place of always feeling different and the fear of being subjected to harassment simply because of that difference.

The dynamic lives people lead in foreign lands are definitely stories for the big screen.

Education aside I tried wrapping my brain around how she manages every day or how she gets by not knowing how to effectively communicate with people. I once saw a heart breaking commercial depicting the difference in raising a child

They calculated and found that she the baby was 2 weeks old which means she should've been seen by then. They wanted to scold her for waiting with a new baby for so long but all she kept repeating was sorry and the baby's birth date. Frustrated and annoyed they let her in the consult room for assistance but the other mother were so irate they complained. No one seemed to feel her pain. She got the assistance she needed and she left. It resonated with me because I am foreigner too. I began to ponder on a few issues

when one mother is literate versus when they are illiterate. The mother who was illiterate lost their child because she did not understand the prescription she got for her child when the child got ill. It was raising awareness on the dangers of not educating a girl child. What more in the case of my sister from the clinic who was an illiterate foreigner.

I am grateful for the upbringing I had and the educational system I went through. It gave me confidence to speak and articulate myself. During that clinic episode, I had moment of Praising God for that. I wasn't by all means looking down on my fellow foreign sister.

I have to admit relocating anywhere takes guts let alone another country. The dynamic lives people lead in foreign lands are definitely stories for the big screen. To all mummies out there struggling to raise babies and grown children too (yes *husbands, I'm looking at you too*) wherever you are, keep your head up. **GOD** will never leave you or forsake you.

As one whom his mother comforts, so I will comfort you; you shall be comforted in Jerusalem.

[Isaiah 66:13](#)

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TEACHERS WHO SHAPED MY LIFE

Some teachers' value extends far beyond the chalk and blackboards of the classroom.

By Lynnett Ndhlovu

Ever heard of the saying “*Youth is wasted on the young.*” I can safely say I participated in giving life to that statement. I was not the wisest youth and made decisions that the astute me would never imagine doing. But none the less looking back is shaped the person I have become. Apart from my patient and loving parents, God used to send some divine helpers in form of teachers in my path to ease the unwise deeds I performed.

In primary school, one such ‘Divine Helper’ was my Grade 6 teacher Mrs Chinabe. She would constantly encourage and motivate me to believe in myself. Most of the time in class, I knew the answers to questions she would ask. I would lift my hand to answer then in the grips of self-doubt, steadily put it

down before being called upon to answer. She would say “*Never do that. If you always doubt yourself, you will never finish anything in life. Whether you believe you are right or wrong, don’t stop. People learn from mistakes too.*”

Other teachers who added invaluable worth to my life are:

Mrs Maviza

Her never ending love and strict discipline made me realise I needed to change my associations before they lead me astray. I never forgot the lectures.

The late Mr Mapasure.

My high school vice principal and hockey coach used to tell me “*Never stop trying. Hard work doesn’t kill, it perfects.*”

Because of the 2020 situation, (*I refuse to continue saying 'The Pandemic', I am detoxing from saying it. I am done giving it power.*) I found myself home-schooling my 5 year old and 3 year old sons. I have now developed a new found sense of respect for teachers.

So now I would like to personally thank all those selfless teachers who even with the new normal they have taken time to not give up on shaping the minds and lives of future generations

God Bless Them

TO ALL THE
TEACHERS DEVELOPING
YOUNG MINDS AND MOULDING
THE FUTURE WE SAY,
MAY THE LORD BLESS YOU
WITH MANY MORE YEARS OF
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For the Love of the **CHILDREN**

Having grown up in the small Zimbabwean town of Redcliff, Tendai Chatikobo had the privilege of attending excellent schools. The educational experience exposed her to opportunities that encouraged her in her words, “*...to be exactly who GOD planned me to be without being apologetic about it.*” She was blessed to be raised in a praying family which believed nothing was impossible with God on their side. She is the mother of 2 boys that she raising to be kings in every aspect.

She has a strong passion for women empowerment and improving access to education for the girl child all over Africa. It is her dream to see more women and girls taking up leadership roles in community, business and governments while possessing the qualifications that allow them to be considered for these posts. We had a conversation with her to discover how her passion for minimising the loss of life during pregnancy and



delivery and the improvement of health facilities throughout the African continent was born.

Taqa: *How did the idea for Family of Hope Trust and joining the #Whispers Foundation come about?*

TC: I would say I always had that “leader in me” since birth. This is “software” that came with the “gadget”. From a very young age I never saw myself incapable of anything because of my gender and I was not afraid to initiate activities that provided solutions to people’s problems. My passion for the preservation of mothers during maternity and minimising the death of infants came from my passion for medicine. At one point I was studying towards becoming a doctor until I realised I had what I call a mixed calling.

Becoming a mother also increased this passion as I now understood fully what it means to be the instrument **GOD** uses to bring life and what it truly means to preserve that life.

Taqa: *How has your journey been so far?*

TC: It has been a bit of everything. It was hard in the beginning because no one starts off being part of an organisation. As in any worthwhile venture, there are sacrifices one makes when they decide to be active in communities and assist people. The journey has also had moments of satisfaction when I see a life saved or when I get an opportunity to be part of a mentorship programme and witness other people being inspired by my journey.

Taqa: *What wisdom would you impart on others who would like to do the same?*

TC: The most important lesson I have learnt in my journey is through the #Whispers organisation. I learnt that “You cannot teach anyone what you do not know and what you have not imparted or practised in your own family.” It

all starts with who you are, your



roots, your role in your family, the voices that have played a part in your becoming.

Once you understand those then nothing and no one can stop you from achieving your dreams.

Taqa: *What assistance do you need to take your business to the next level?*

TC: Funding for *Family of Hope* to be able to help with medical bills for pregnant women with complications and any assistance that can lead to bettering the chances of survival of premature babies.

Taqa: *Where are you going to in the next 5 years?*

TC: I am going to the rest of Africa in the next 5 years. I have had the privilege to be part of a mentorship programme by British Council that has left me longing to spread my wings to East Africa as a first step of self-growth and expansion.

Taqa: *How are you managing in COVID Times?*

TC: I would say the key words for coping in COVID times are "Adaptation" and "Prayer". I have adapted to the new norm and tried my best to get back to my routine while adhering to regulations. Since there are vulnerable people out there in difficult circumstances that need the help of other, my work has to continue. Those people are the reason I make sure I get up and face each day with confidence trusting **GOD** to take control.

Taqa: *In the event that someone wants to know more about your work, how can people get a hold of you?*

TC: You can reach me on the email address: tendaichatikobo@gmail.com



Taqa: *Do you have a Closing statement or parting advice?*

TC: A woman with ambition, vision and strength is not a woman trying to be a man; she is a woman who has embraced the strength and talent **GOD** placed in her to create a better life for herself, those around her and those who know of her.

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*Business
Interview*

Embracing **AIR**

We sit down for a chat with Winnie Kwaramba, a lady who believes in harnessing the opportunities provided by the Fourth Industrial Revolution and building a business around them.

The first 2 titles Winnie claims are those of “*Child of God*” and *Jesus Follower*. Born in Zambia close the DRC/Zambia border, she grew up in Harare, Zimbabwe. She has always had an interest in business ever since she was in Primary school. She used to sell sweets at school in order to pay for school trips or to buy books. After moving to South Africa in 2008, where she is currently based, she was retrenched from her job in 2017. She seized the opportunity for her to start her own business. That is how *Willowkraal Business Services* was born. Willowkraal is an established business within the B2B space and offers a varied selection of digital services, data and cybersecurity services amongst others. Winnie is passionate about the African continent, women, children and she desires to make an impact through her business. She believes African problems are superficial and can be solved by Africans collectively. She enjoys reading, music and has recently taken sketching as way of winding down and relaxing.

Taqa: *How did this idea for Willowkraal Business Services come about?*

WK: I always knew that I was going to start my own business since I was a little girl. I was always doing some sort of selling or some kind of venture at any given time.

Taqa: *How has your journey been so far?*

WK: It's not an easy road that's for sure. If anyone has to come into the business space thinking it's a stroll in the park or a bed of roses then they are in for a shock. From a personal perspective, business has been the most challenging thing I have ever done in my life. A lot depends on me, and I have to work harder than I did in a 9-5 job. I am working even when I go to bed or whilst I'm asleep.

There is a constant need to evolve and reinvent. From learning new things and learning from others, to meeting client's expectations. Sometimes, things like insecurity also come into play, you ask yourself questions like "Am I able to do this? Who am I to be able to do this?" The imposter syndrome is real. A lot of times I am crippled by this fear, but I am fortunate that I am a Believer because I always look

to **GOD** for grace to go through tough situations. *Psalms 37:5 and Proverbs 16:3*

Taqa: *What wisdom would you impart on others who would like to do the same?*

WK: I would like to say start as soon as you can, do not wait until things line up or when you have enough money. Learn as much as you can about the business you are into. Rome was not built in a day, so allow the process to evolve whilst you do your part which is to work hard and to work smart. Finally have a belief system, for whenever things do not add up or do not work as expected. In my case, I turn to a much higher force, **GOD** and Jesus. I pray to keep sane when challenges arise.

Taqa: *What assistance do you need to take your business to the next level?*

WK: Working capital is the biggest need, operational knowledge and skilled employees.

Taqa: *Where are you going to next in the next 5 years?*

WK: We will be the leading African Software provider, creating games, artificial

intelligence (AI) tools amongst other technologies amongst other technologies.

Taqa: *How are you managing in Covid times?*

WK: We have reinvented and adjusted with the times. The world has become one big village. You are now able to meet and interact with just about anyone online instead of in person. As such we have been able to do some collaborations with companies across the globe during this time. We are currently in consultation with companies in the Middle East and India. We are working from everywhere, our beds, cars living room etc, as long as we have as long as we have our laptops and Wi-Fi.

On the flip side, our clients' budgets have been compressed. Our services are sometimes deemed as not very urgent or necessary. Most companies are waiting to recover first before they can invest into new technologies. On the whole, Covid-19 has taught us resilience and togetherness despite the loss of lives. I see so many people helping each other regardless of background colour or creed.

Taqa: *In the event that someone wants to know more about your work, how can people get a hold of you?*

WK: People can contact me on my cellphone or email: hello@willowkraal.co.za, my twitter: [@Winman27](https://twitter.com/Winman27) or my social media accounts. My website is www.willowkraal.co.za

Taqa: *Do you have a Closing statement or parting advice?*

WK: Be the best you can be. Be aware of the people around you, reach out and help whenever you can. Ask for help if need be, there are so many people who are happy to help or show you how things are done.



Live in the moment in the now. Entrepreneurs usually live-in vacuums or spaces (*usually in their own heads*). It is important to connect with others by joining groups or networks instead of travelling the entrepreneurship journey alone.

WILLOWKRAAL BUSINESS SERVICES

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THE WRITER'S BLOCK

In our continuing efforts to evangelise and share the gospel and how God is working in our lives, we invite you to share your talents and experiences with other readers through the medium of storytelling and poetry. If you are an aspiring, budding or experienced author or poet, please read through our submission guidelines below and in addition we advise that you subscribe to our social media feeds. We regularly update them with the sort of work we are looking for and give writing prompts for story ideas. Please note that all submissions are made on speculation; we cannot guarantee publication.

How to Prepare Your Manuscript

- *Taqa Magazine* is a free offering and all of its staff are volunteers, therefore **Taqa does not pay for Short Fiction, Flash or poetry contributions.** However as circulation increases we have plans to change the policy. For now credit the author with a profile on our website and social media feeds.
 - Poetry should be 1,000 words or less.
 - Non Fiction anecdotes must be up to 500 words.
 - Short story prose should be between 1 000 – 1 200 words, no more.
- We are a Christian magazine so submitted content, has to have to have a Christian theme. The main requirement however, is that the content should enlighten the reader. An enlightening story does not suggest that difficult and trying events do not occur in a story. Challenging subjects can be dealt with, but there must be an optimistic purpose and conclusion in its telling. With our eclectic audience I believe it goes without saying that all submissions contain - no graphic violence, crude language including curse words, or explicit sex.
- Please familiarise yourself with the content of our previous issues and our website (www.taqamagazine.online). You will get to appreciate the motivation and mission of the magazine.
- Short fiction submitted to the magazine must be original and previously unpublished. **Taqa** considers work that has appeared online (including on blogs and Facebook) to be previously published. Simultaneous submissions to other publications are acceptable. However, if your work is accepted elsewhere first, please withdraw your submission.
- All manuscripts must be typed in English, Double-spaced and sent as Microsoft Word (.doc, .docx) or Open Document Text (.odt) attachment:

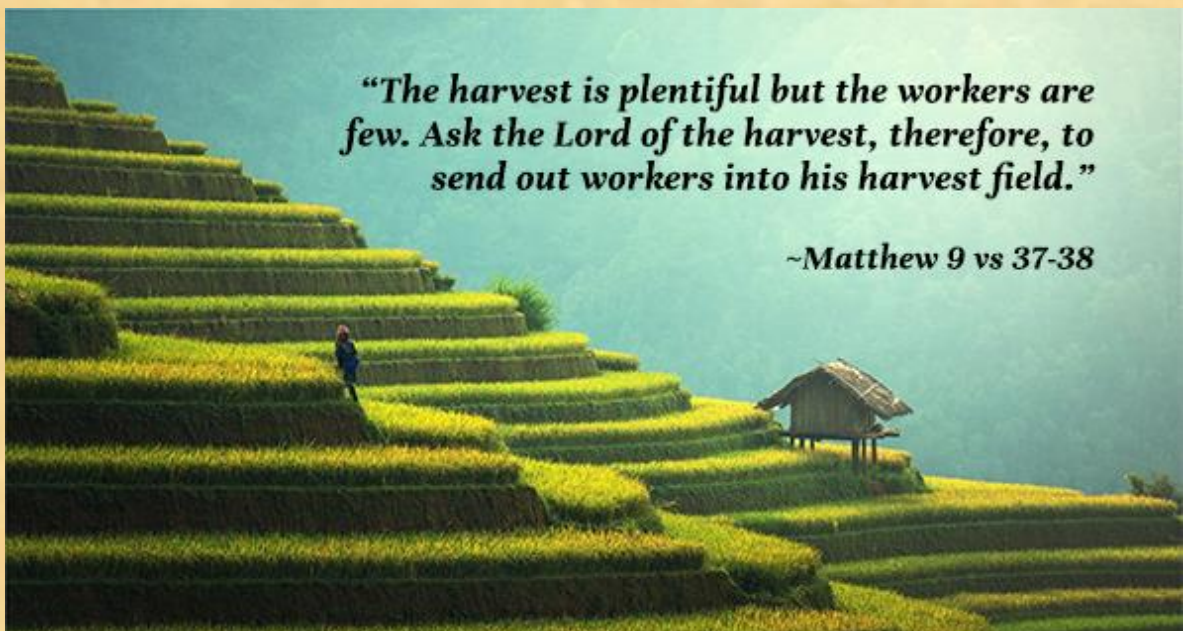
- Set font size to 12 and use Ariel font.
- Include the author's name, Email address, phone number, short bio (200 words or less), written in 3rd person. You can include a personal high-resolution colour photo (1–5 megabytes is sufficient), but this is optional.
- Approximate word count at the top of the first page, and numbered throughout.
- We do not accept novel excerpts.
- There are no submission deadlines, unless there is a specifically stated deadline for a themed issue. We receive submissions on a rolling basis and notify on a rolling basis.
- As previously stated, at this time, there is no payment due to the author for acceptance/publication. Contributors will receive credit in the magazine and may be promoted on our social media and website.

If your work has already been accepted, we will send you an e-mail when we publish the issue that contains your work. If you haven't heard from us yet, don't worry. We will read your work and get back to you.

How to Submit

- Email your manuscript as an attached file to lynnett@taqamagazine.online
- The editor may request revisions to the submission to better fit the goals of the particular issue and the interest of our readers.
- Please allow 2 weeks for a response to submissions or queries

NB: Taqa Magazine Reserves the right to make minor copy editing changes to the manuscript. Any major editorial changes will require author's approval prior to publication.



Tell The World *Your Story*

Become a Contributor for **TAQA**
Magazine and share your ideas,
observations, experiences and
advice on living a God Loving Life.

Contact Lynnett On:

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I attended back-of-beyond boarding school where our diet consisted of pap and sugar beans 4 times a week. Much to my irritation, I developed a taste for them. Fortunately there are so many tasty bean recipes I can enjoy that are a far cry from the tasteless meals from my high school dining hall. I found these awesome recipes for Meatless Chilli Macaroni and Pasta with Grilled Chicken which have been a big hit with the kid's lunch.



Meatless Chilli Macaroni



1	Large Onion, Chopped
1	Medium Green Pepper,
1	Tablespoon Olive Oil
1	Garlic Clove, Minced
2 Cups	Water
1-1/2 Cups	Uncooked Elbow Macaroni
1 Can	Mild Chili Beans, Undrained
1 Can	Great Northern Beans, Rinsed
1 Can	Diced Tomatoes, Undrained
1 Can	Tomato Sauce
4 tsp	Chili Powder
1 tsp	Ground Cumin
1/2 Tsp	Salt
1/2 Cup	Fat-Free Sour Cream

Method

- In a Dutch oven (thick-walled cooking pot with a tight-fitting lid), sauté onion and green pepper in oil until tender. Add garlic; cook 1 minute longer. Stir in the water, macaroni, beans, tomatoes, tomato sauce, chili powder, cumin and salt.

Total Time: Prep: 15 min. Cook: 25 min.

Yield: Serves 8

Ingredients

- Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until

macaroni is tender. Top each serving with 1 tablespoon sour cream.

Pasta with Grilled Chicken



- 1 tsp Olive oil,
- 2 Garlic Clove, Minced
- 2 boneless skinless chicken breasts, cut into bite-size pieces
- 1/3 Cup Oil-packed sun-dried tomatoes, drained and cut into strips
- 1/2 Cup Pesto sauce

Method

- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Heat oil in a large skillet over medium heat. Sauté garlic until tender, then stir in chicken. Season with red pepper flakes. Cook until chicken is golden, and cooked through.
- In a large bowl, combine pasta, chicken, sun-dried tomatoes and pesto. Toss to coat evenly.

Total Time: 30 min.

Yield: Serves 8

Ingredients

1 Packet Pasta

My Ice Cream

DREAM

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Chocolate



Banana



Bubblegum



Strawberry

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