

# Beef Chili



 **40**  
MINUTES

 **MAKES 4**  
SERVINGS

 **6+**  
INGREDIENTS

**Nutrition information per serving (for original recipe; not including added ingredients for variations):** 304 Calories; 57g Total Fat (2.7 g Saturated Fat; 2.3 g Mono-unsaturated Fat); 76 mg Cholesterol; 500 mg Sodium; 26.8 g Total Carbohydrate; 10.7 g Dietary Fiber; 34.3 g Protein; 6.1 mg Iron; 885 mg Potassium; 7.4 mg Niacin; 0.5 mg Vitamin B6; 2.4 mcg Vitamin B12; 6.8 mg Zinc; 20.6 mcg Selenium; 107.6 mg Choline.

**This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline.**

## KEY MESSAGES

Having a nutritious and delicious meal on the table doesn't have to mean hours of preparation in the kitchen. This chili can be ready in just 30 minutes. Pair it with fresh fruits and vegetables and a whole grain roll to have a colorful and healthy meal ready in no time.

Many of our favorite beef cuts are lean, including the 96% Lean Ground Beef used in this recipe. In fact, about two-thirds of the beef in the grocery store meat case is considered lean<sup>1</sup>, so you can be confident that there are many options to choose from.

## Demo Check List

### GROCERY LIST\*

- 2 lbs. Ground Beef (96% Lean)**
- 2 (15.5 oz.) cans reduced sodium black beans**
- 2 (14.5 oz.) cans unsalted beef broth**
- 2 (14.5 oz.) cans unsalted diced tomatoes**
- 2 (4 oz.) cans green chilies or jalapeño peppers**
- Chili powder**
- Shredded cheddar cheese**
- Fresh cilantro**
- Green onions**

### EQUIPMENT LIST

Use the provided equipment lists with each recipe as a planning tool.

- 2 large cutting boards**
- 2 large non-stick skillets or stock pots with lids (if housing prepared batch in one)**
- 1 mesh strainer**
- 1 large bowl to place strainer over**
- 1 large serving spoon**
- 1 can opener**
- 2 tiny clear glass bowls**
- 5 small clear glass bowls**
- 1 white hero bowl with plate**

**\*Includes enough ingredients to have a premade batch in addition to preparing a batch during the demo.**

## BEEF CHILI

### Ingredients

1 lb. **Ground Beef** (96% Lean)

1 (15.5 oz.) can **reduced sodium black beans**

1 (14.5 oz.) can **unsalted beef broth**

1 (14.5 oz.) can **unsalted diced tomatoes**

1 (4 oz.) **can green chilies** or jalapeño peppers

2 Tbsp. **chili powder**

#### TOPPINGS:

**Shredded cheddar cheese, chopped fresh cilantro, minced green onions** (optional)

### Introduction

This chili recipe is perfect for game day entertaining, for family dinner on a cool night, or for protein-packed lunches to fuel your day.

Some Texans believe chili shouldn't have beans in the ingredient line-up. If you prefer, leave the beans out, or add even more variety with a combination of black, pinto and kidney beans. Beans are a great way to add fiber to your diet!

Lean beef is packed with protein which helps us to feel full longer and to maintain muscle mass.<sup>2-4</sup> Beef also contains iron, zinc, and B-vitamins that help our body to function at its best.<sup>5</sup>

### DEMONSTRATION

① **Heat large non-stick skillet or stock pot over medium heat until hot. Add Ground Beef. Cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Pour off drippings.**

- This recipe can easily be made in the slow cooker instead of on the stove. Simply cook the Ground Beef in a large skillet before adding it and the other ingredients to the slow cooker.
- Did you know that you can create a leaner Ground Beef by simply draining it with a strainer and then rinsing it with warm water after cooking it? This can be a cost-effective way to end up with a product lower in fat if you choose not to buy 96% Lean Ground Beef.

② **Stir in beans, broth, tomatoes, green chilies and chili powder; bring to a boil. Reduce heat; cover and simmer for 20 minutes to allow flavors to develop, stirring occasionally.**

## BEEF CHILI

- There are numerous varieties of canned tomatoes. If you aren't a fan of the chunks, opt for crushed tomatoes instead of diced. Trying to control your sodium intake? Check the labels to find a "no salt added" option like we've used today.
- This chili is an easy, one-pot meal that can be finished in as little as 30 minutes. However, if you do have additional time, allowing it to cook for longer allows the flavors to meld for a richer chili. The secret is in the simmer!

③ **Garnish with toppings as desired.**

- Have a busy week ahead? Double or triple this recipe and simply warm up the leftovers - it'll be just as delicious and a super quick way to have dinner on the table or lunches ready to go.

### REFERENCES

1. Fresh Look Marketing Group. Total US Beef, 52 Weeks Ending 7/22/2012.
2. Reidy PT, Rasmussen BB. Role of ingested amino acids and protein in the promotion of resistance exercise-induced muscle protein anabolism. *J Nutr* 2016;146:155-83. 28.
3. Liao CD, et al. Effects of protein supplementation combined with resistance exercise on body composition and physical function in older adults: a systematic review and meta-analysis. *Am J Clin Nutr*. 2017;106(4):1078-1091.
4. Leidy HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.
5. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. <sup>2019</sup>. Available at: [fdc.nal.usda.gov](http://fdc.nal.usda.gov). (NDB#13364)

### Closing

Chili is great because the variations are endless. This recipe could easily be made in a slow cooker, without beans, or with cubed Round Steak or Sirloin Steak instead of ground beef.

A chili bar is perfect for entertaining. Serve this recipe with toppings like shredded cheese, chopped onion, salsa, sour cream, guacamole and corn chips. Add some fresh fruits and veggies on the side and you'll have a satisfying meal that everyone can enjoy at a football party or family get-together.

Beef provides 10 essential nutrients<sup>5</sup> that fuel healthy, active lifestyles.

For more simple and satisfying, including other chili variations, recipes visit **BeefLovingTexans.com**

## BEEF CHILI VARIATIONS

### ADDITIONAL INGREDIENTS:

#### **Moroccan Variation**

Pumpkin pie spice  
Chopped pitted dates or golden raisins  
Couscous  
Toasted sliced almonds  
Fresh mint  
Greek yogurt

#### **Mexican Variation**

Cocoa powder  
Fresh cilantro  
Pepitas (pumpkin seeds)  
Corn tortilla chips

#### **Italian Variation**

Fennel seed  
Fresh baby spinach  
Orecchiette or cavatappi pasta  
Grated parmesan cheese  
Pine nuts

#### **Cincinnati Variation**

White vinegar  
Ground cinnamon  
Elbow macaroni  
White onion  
Sour cream  
Shredded cheddar cheese

### ADDITIONAL EQUIPMENT:

#### **Moroccan Variation**

3 tiny clear glass bowls  
2 small clear glass bowls  
1 medium clear glass bowl

#### **Mexican Variation**

2 tiny clear glass bowls  
2 small clear glass bowls

## BEEF CHILI VARIATIONS

#### **Italian Variation**

1 tiny clear glass bowl  
2 small clear glass bowls  
2 medium clear glass bowls

#### **Cincinnati Variation**

1 tiny clear glass bowl  
3 small clear glass bowls  
2 medium clear glass bowls

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## Instructions for Variations

**Moroccan Variation:** Prepare recipe as directed above, adding ¼ tsp. pumpkin pie spice and ¼ cup chopped pitted dates or golden raisins with ingredients in step two above. Serve over hot, cooked couscous. Garnish with toasted sliced almonds, chopped fresh mint and Greek yogurt.

**Mexican Variation:** Prepare recipe as directed above, adding 1 Tbsp. cocoa powder with ingredients in step two above. Garnish with chopped fresh cilantro, pepitas (pumpkin seeds) and corn tortilla chips as desired.

**Italian Variation:** Prepare recipe as directed above, adding 1 ½ tsp. fennel seed with ingredients in step two above. Before removing from heat, stir in 3 cups of fresh baby spinach. Cover; turn off heat and let stand 3-5 minutes or until spinach is just wilted. Serve over hot cooked orecchiette or cavatappi pasta if desired. Garnish with grated parmesan cheese and pine nuts.

**Cincinnati Variation:** Prepare recipe as directed above, adding 3 Tbsp. white vinegar and 1 tsp. ground cinnamon with ingredients in step two. Serve over hot cooked elbow macaroni. Garnish with chopped white onion, sour cream and shredded cheddar cheese as desired.