

# 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**

## PREPARATION

- 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.
- 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.
- 3 Garnish with toppings as desired. *Serves 4.*

**Nutrition information per serving (for original recipe; not including added ingredients for variations):** 304 Calories; 57.6 Calories from fat; 6.4g Total Fat (2.7 g Saturated Fat; 2.3 g Monounsaturated 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.**



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