Chili with Red Beans

**Ingredients:**
- 1/2 pound ground beef, extra lean
- 1 medium onion, chopped
- 4 cups red kidney beans, soaked overnight or 2 cans, rinsed
- 3 cups tomatoes, chopped, or 28 ounces, canned
- 1 package chili seasoning mix
- 1 tablespoon chili powder
- Non stick cooking spray

**Equipment:**
- Cutting board
- Knife
- Non stick skillet
- Spatula
- Can opener
- Colander
- Measuring cups
- Measuring spoons

**Directions**
1. Heat skillet to medium.
2. Add ground beef in skillet and use a spatula to break beef into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned beef on a plate covered with several layers of paper towels to absorb fat. Drain fat from skillet.
3. While beef is cooking, cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet after fat is drained, and cook onions until tender, about three minutes.
4. Open kidney beans and pour into a colander. Rinse under cool water to remove sodium, and allow to drain.
5. When onions are translucent, add cooked ground beef, kidney beans, tomatoes with juice, and chili seasoning mix to skillet, mix well.
6. Bring to a boil and cook slowly for 10 to 15 minutes. Stir to prevent sticking.

**Nutrition Facts**
- Serving Size: 1 cup
- Servings: 8
- Calories 451, Calories from Fat 54
- Total Fat 5g, %Daily Value 10%
- Saturated Fat 2g, %Daily Value 11%
- Cholesterol 20mg, %Daily Value 7%
- Sodium 390mg, %Daily Value 16%
- Total Carbohydrate 22g, %Daily Value 7%
- Dietary Fiber 8g, %Daily Value 32%
- Protein 12g, %Daily Value 24%
- Vitamin A 11% Vitamin C 31%
- Iron 13% Calcium 3%
- *Percent Daily Values are based on a 2,000 calorie diet