

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

Number of Servings: 8

Prep Time: 20 minutes

Total Time: 20 minutes

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.

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Nutrition Facts

Serving Size: 1 cup

Servings: 8

Amount Per Serving

Calories 451

Calories from Fat 54

%Daily Value*

Total Fat 6g

10%

Saturated Fat 2g

11%

Cholesterol 20mg

7%

Sodium 390mg

16%

Total Carbohydrate 22g

7%

Dietary Fiber 8g

32%

Protein 12g

24%

Vitamin A 11%

Vitamin C 31%

Iron 13%

Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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