

Beef Chili

Total Recipe Time: 40 minutes

Preparation Time: 5 minutes

Cooking Time: 35 minutes

- 1 pound Ground beef (96% lean)
- 1 can (15-1/2 ounces) reduced-sodium black beans, rinsed and drained
- 1 can (14-1/2 ounces) unsalted beef broth
- 1 can (14-1/2 ounces) unsalted diced tomatoes
- 1 can (4 ounces) canned green chilies or jalapeno peppers
- 2 tablespoons chili powder



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch 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 20 minutes to develop flavors, stirring occasionally. Garnish with Toppings, as desired.

Makes 4 servings (1-1/2 cups chili)

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Cook's Tip: Optional Toppings:

Sour cream, chopped fresh cilantro leaves, sliced green onion, shredded Cheddar cheese

Nutrition information per serving: 304 calories; 6.4 g fat (2.7 g saturated fat; 2.3 g monounsaturated fat); 76 mg cholesterol; 500 mg sodium; 26.8 g carbohydrate; 10.7 g fiber; 34.3 g protein; 7.4 mg niacin; 0.5 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 6.1 mg iron; 20.6 mcg selenium; 6.8 mg zinc; 107.6 mg choline. Trans fat 0.1g; polyunsaturated fat 0.8g; potassium 885mg; added sugars 0g.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.

Heart-Check certification does not apply to optional toppings unless expressly stated.

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