

# BEEF CHILI

This traditional chili couldn't be any easier. Simply brown lean Ground Beef, add in pantry-friendly ingredients and simmer for 20 minutes. The result? A chili that tastes like it's been cooking for hours. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



**COOK TIME:** 40 MINUTES | **SERVINGS:** 4

## INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 can (15 ounces) reduced-sodium black beans, rinsed and drained
- 1 can (14½ ounces) unsalted beef broth
- 1 can (14½ ounces) unsalted diced tomatoes
- 1 can (4 ounces) diced green chilies or sliced jalapeño peppers
- 2 tablespoons chili powder

## Toppings

Chopped fresh cilantro, sliced green onions, sliced avocado (optional)



## COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into  $\frac{3}{4}$ -inch crumbles and stirring occasionally. Pour off drippings.

*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.*

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.

**Nutrition information per serving:** 294 Calories; 57.6 Calories from fat; 6.4g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 2.3 g Monounsaturated Fat;) 76 mg Cholesterol; 519 mg Sodium; 26 g Total Carbohydrate; 11.1 g Dietary Fiber; 4.7 g Total Sugars; 34 g Protein; 0 g Added Sugars; 72.5 mg Calcium; 5.7 mg Iron; 1036 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 7.4 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 349 mg Phosphorus; 6.8 mg Zinc; 20.5 mcg Selenium; 106 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Choline.

For more information on safe food handling and beef safety, see:  
[BeefItsWhatsForDinner.com/cooking/food-safety](http://BeefItsWhatsForDinner.com/cooking/food-safety)