



EASY CHILI RECIPE

Here is an easy chili recipe that is good any time. A well rounded recipe with fresh vegetables, plus a great source of protein. Perfect for any occasion.



Prep time: **20 minutes** cook time: **45 minutes** Yields: **8 servings**

Ingredients

2 pounds ground beef, drained
 1 onion, diced
 1 jalapeno, seeded & finely chopped
 4 cloves garlic, minced
 2 1/2 tablespoons chili powder, divided
 1 teaspoon cumin
 1 green bell pepper, seeded & diced
 1-14.5 ounce can crushed tomatoes
 1-19 ounce can red kidney beans , drained & rinsed
 1-14.5 ounce can diced tomatoes, with juices
 1 1/2 cups beef broth
 1 tablespoon tomato paste
 1 tablespoon brown sugar, optional
 Salt & pepper to taste

Nutrition Facts

8 servings per container

Serving size 1 bowl (364g)

Amount Per Serving

Calories **390**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 7g **35%**

Trans Fat 1g

Cholesterol 100mg **33%**

Sodium 540mg **23%**

Total Carbohydrate 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 2g Added Sugars **4%**

Protein 35g **70%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

Combine ground beef and 1 1/2 tablespoons chili powder.

In a large pot, brown ground beef, onion, jalapeno, and garlic. Drain any fat.

Add in remaining ingredients and bring to a boil. Reduce heat and simmer uncovered 45-60 minutes or until chili has reached desired thickness.

Top with cheese, green onion or cilantro and enjoy!