



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!