



Beef & Bean Chili Verde

Prep: 15 minutes

Cook: 30 minutes • Serves: 6

- 2 teaspoons vegetable oil
 - 2 green and/or yellow bell peppers, diced
 - 1 large red onion, diced
 - 6 garlic cloves, minced
 - 2 tablespoons chili powder
 - 1 tablespoon ground cumin
 - 1 teaspoon dried oregano
 - 1³/₄ pounds 96% lean ground beef
 - 2 tablespoons tomato paste
 - 2 cans (4 ounces each) diced mild green chiles
 - 1 cup salsa verde
 - ½ cup water plus additional as needed
 - 1 can (15 ounces) black beans, rinsed and drained
 - 1 can (15 ounces) pinto beans, rinsed and drained
 - ½ teaspoon salt
- Sliced green onions, diced tomatoes and/or chopped fresh cilantro leaves for garnish (optional)

1. In large saucepot, heat oil over medium heat. Add bell peppers and onion, and cook 5 minutes or until vegetables begin to soften, stirring frequently. Stir in garlic, chili powder, cumin and oregano, and cook 1 minute.

2. Increase heat to medium-high. Add beef and cook 8 to 10 minutes or until browned, breaking up meat with side of wooden spoon. Stir in tomato paste and cook 1 minute. Stir in chiles, salsa and water, and heat to simmering. Reduce heat to medium-low. Cover and cook 10 minutes, stirring occasionally. Stir in beans and salt. If chili seems thick, add up to ½ cup additional water. Cook 5 minutes. Serve chili topped with green onions, tomatoes and/or cilantro, if desired.

Approximate nutritional values per serving: 335 Calories, 8g Fat (21% of total calories), 3g Saturated Fat (8% of total calories), 65mg Cholesterol, 886mg Sodium, 33g Carbohydrates, 9g Fiber, 30g Protein

*Dietary Exchanges:
2 Starch; 4 Protein; 2 Fat*