



Two Bean Chili

Makes: 4 Servings

This no-fuss chili is a great way to use ground beef and beans to make a tasty main dish. Chili can be served by itself, with crackers, cooked rice, or baked potato.

Ingredients

1/2 pound ground beef

1/2 can low-sodium kidney beans (drained, about 8 ounces)

1/2 can low-sodium vegetarian beans (about 8 ounces)

1/2 cup onion (diced)

1 teaspoon chili powder

2 1/2 cups low-sodium tomato juice

1/4 teaspoon pepper

Directions

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

Notes

Tip for cooking with ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer. Tip: USDA Foods macaroni products such as spaghetti, rotini, and macaroni are great additions to chili.

Source: A Harvest of Recipes with USDA Foods