

Quick Chili

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 4 servings

Ingredients

1/2 pound ground beef

1 can kidney beans (15 1/2 ounces, with liquid)

1 cup tomato sauce, unsalted

1 tablespoon onion, instant minced

1 1/2 tablespoons chili powder

Directions

1. Thoroughly cook ground beef in skillet until browned (internal temperature of 160 degrees). Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Drain off fat into container.
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.
4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.
5. Refrigerate or freeze leftovers within 2 hours of cooking. Use refrigerated leftovers within 4 days.

Source: University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 2, 2007 (PDF 143KB)

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	390 mg
Total Carbohydrate	24 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

