

A Kansas SNAP-Ed *EZ Does it* Recipe

Beef and Bean Chili Verde



Servings: 6-8

Ingredients:

- 2/3 lb. ground beef (90% lean)
- 1 bell pepper, large (chopped)
- 1 onion, large (chopped)
- 6 garlic cloves (chopped)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 can (about 15 ounces) diced tomatoes, low-sodium
- 1 3/4 cups green salsa (or enchilada sauce, 1-16 ounce jar)
- 1 can (about 15 ounces) pinto beans, kidney beans, or any bean you like (rinsed and drained)



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Place ground beef in large sauce pan. Cook over medium heat 8-10 minutes, stirring frequently until the meat is browned; drain fat.
2. Add bell pepper, tomatoes, and onion. Cook for 10 minutes.
3. Add garlic, chili powder and cumin, cook until fragrant (about 30 seconds).
4. Stir in salsa and bring to a boil.
5. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
6. Add beans and cook until heated through.

Nutrition Facts: Each serving provides 216 Calories, 6g Total Fat, 2g Saturated Fat, 623mg Sodium, 26g Total Carbohydrate, 8g Dietary Fiber, 17g Protein

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