

TEXAS CHILI

SERVES 8

Nutrition Facts: 330 calories, 13g fat, 4g saturated fat,
190mg sodium, 28g carbohydrates, 10g fiber, 25g protein

HEALTHIER TRADITIONS COOKBOOK

American Classics

Ingredients

- 1½ pounds lean ground beef (90% lean)
- 2 tablespoons olive oil
- 1 large onion, chopped (reserve ~ ¼ cup for garnish)
- 2 large red, yellow, or orange bell peppers, seeded, stemmed, and diced
- 3–4 garlic cloves, minced
- 1–2 fresh green jalapeños, stemmed, seeded, and chopped (optional, will make it spicy!)
- 2 tablespoons chili powder
- 2 tablespoons coriander
- 1 tablespoon cumin salt and pepper
- 1 28-ounce can diced tomatoes, “low-sodium” or “no salt added”
- 2 medium fresh tomatoes, chopped
- 1 14–16-ounce can black beans, drained and rinsed (“low-sodium” or “no salt added”)
- 1 14–16-ounce can red kidney beans, drained and rinsed (“low-sodium” or “no salt added”)

Optional Toppings

- chopped onion
- sliced avocado shredded
- queso fresco
- fresh cilantro leaves

Directions

1. In large soup pot over medium heat, add olive oil, onions, and bell peppers. Cook about 5 minutes, until onions and peppers begin to soften. Add beef, garlic, jalapeños, and spices. Cook, stirring regularly, until beef is browned, about 10 minutes.
2. Add canned and fresh tomatoes and beans and bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Remove lid and continue simmering 10 minutes more as needed to reduce liquid in chili.
3. Serve warm, topped with onion, avocado, queso, and cilantro. Chili can be made in advance, covered, and stored in the refrigerator for up to 4 days or in the freezer for up to 2 weeks. Use microwave or stovetop to reheat before serving.

