



One Pot Beef and Bean Chili

A quick and easy one pot meal that satisfies

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 each	Onion, diced small	1 each
4 cloves	Garlic, minced	4 cloves
1 lb	Ground Beef, 90/10	455 g
4 cups	Mixed Vegetables, frozen	452 g
2 (15 oz) cans	Canned Beans, low sodium (pinto black, kidney, red, etc.), not drained	2 (425 g) cans
1 (15 oz) can	Diced Tomatoes, canned	1 (425 g) cans
1 cup	Vegetable or Chicken stock, unsalted	240 mL
1/4 tsp	Salt	1.5 g
2 Tbsp	Chili Powder	18 g
2 Tbsp	Cumin, ground	18 g
2 tsp	Oregano, dried	2 g
1/2 cup	Cheddar Cheese, low fat, shredded	48 g
1/2 cup	Yogurt, plain	122 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat a large sauce pot over medium-high heat. Once hot add the oil.
3. When oil is hot add the onions and saute until translucent and soft, about 5 minutes.
4. Once the onions are soft, add the garlic and saute for 2 more minutes. Add the ground beef and cook until no pink is visible. Stir often using a wooden spoon to break the beef into small pieces.
5. Add the remaining ingredients and bring to a boil.
6. Reduce heat to simmer for about 30 minutes, stirring often, to allow the flavors to develop and the chili to thicken.
7. Serve hot with 1 1/2 cup chili topped with with 1 Tbsp of cheese and plain yogurt.

****Nutrition Facts on Reverse**

8/6/20

Nutrition Facts

8 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **350**

Total Fat	11 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	4.5 g
Cholesterol	55 mg
Sodium	390 mg
Total Carbohydrate	30 g
Dietary Fiber	11 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	28 g
Vitamin D	0 %
Calcium	9 %
Iron	16 %
Potassium	500 mg
Phosphorus	250 mg
