

# Beef & Bean Chili Verde

This is a great recipe to make on the weekend, then enjoy leftovers as an easy weeknight dinner! Spice things up by adding fresh cilantro, red onion and Monterey Jack, a little cornbread on the side, or sprinkle on your favorite hot sauce.

## **Ingredients:**

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper, or to taste
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, rinsed

## **Directions:**

1. Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.
2. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds.
3. Stir in salsa (or sauce) and water; bring to a simmer.
4. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, about 10 to 15 minutes.
5. Stir in beans and cook until heated through, about 1 minute.

Makes 4 servings

Make Ahead Tip: Cover and refrigerate for up to 3 days. Reheat just before serving.

## **Nutrition Information**

Serving size: 1 1/2 cups

Per serving: 379 calories; 12 g fat(4 g sat); 6 g fiber; 29 g carbohydrates; 36 g protein; 75 mcg folate; 87 mg cholesterol; 8 g sugars; 1936 IU vitamin A; 57 mg vitamin C; 80 mg calcium; 5 mg iron; 682 mg sodium; 774 mg potassium