



Beef and Bean Chili Verde

Servings 6 | Prep time 5 mins. | Total time 35 mins.

Equipment: Cutting board, Measuring cups and spoons, Can opener, Strainer, Large saucepan. Utensils: Knife, Wooden mixing spoon.

Ingredients

10 ounces ground beef or pork, 90% lean
1 bell pepper, chopped
1 large onion, chopped
1 14.5 ounce can low-sodium diced tomatoes, with liquid
6 garlic cloves, minced (or 1 tablespoon garlic powder)
1 tablespoon chili powder
2 teaspoons ground cumin
1 3/4 cups green salsa (or 16 ounce jar of enchilada sauce)
1 15 ounce can pinto or kidney beans, rinsed and drained (or 1 3/4 cups cooked)
1 1/2 cups frozen or canned corn, thawed and drained as needed
2 cups spinach or kale (optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. Cook meat in saucepan until brown. Drain fat.
3. While meat is cooking, chop bell pepper and onion. If adding spinach or kale, tear or chop into bite size pieces.
4. Add garlic, chili powder and cumin to saucepan. Cook about 15 seconds, until fragrant.
5. Add bell pepper, onion and tomatoes. Cook over medium heat for 8-10 minutes or until onion is softened. Stir frequently.
6. Stir in salsa. Increase heat to high and bring mixture to boil.
6. Reduce heat to low. Cover and simmer on low heat for 10-15 minutes. Stir occasionally.
7. Add beans and corn. Add spinach or kale if using. Cook until heated through.

Nutritional Information:

Calories 220
Total Fat 6g
Sodium 590mg
Total Carbs 30g
Protein 16g