



Beefy 4-Bean Chili

SERVING: 8
YIELD: 1.5 CUPS

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking Oil Spray
- 1/2 Ib Lean Beef, 93% lean 7% fat
- 1 tbsp Minced Garlic
- 1 small Yellow Onion, diced
- 1 medium Green Bell Pepper, diced
- 1 medium Orange Bell Pepper, diced
- 1 cup Water
- 1 can Petite Diced Tomatoes, No Salt Added, drained and rinsed
- 1 can (15oz) Black Beans, No Salt Added, drained and rinsed
- 1 can (15.5oz) Kidney Beans, No Salt Added, drained and rinsed
- 1 can (15.5oz) Pinto Beans, No Salt Added, drained and rinsed
- 1 can (15.5oz) Chili Beans, No Salt Added, DO NOT DRAIN
- 1 can (10.75oz) Tomato Soup
- 1 cup Shredded Cheese

Seasonings

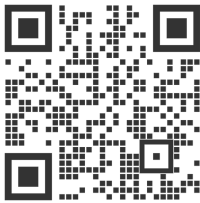
- 3 tbsp Chili Powder
- 1 tbsp Smoked Paprika
- 2 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1 tsp Oregano Leaves
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper

Directions

1. Add cooking oil spray to a large soup pot and place it over medium-high. Add ground beef and seasonings. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
2. Add the diced onions, bell peppers, and minced garlic. Sautee 4-6 minutes.
3. Add the water and stir removing bits from bottom of pan.
4. Add tomatoes, beans, and tomato soup. Stir well.
5. Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 15-20 minutes, stirring occasionally.
6. Remove the pot from the heat.
7. Serve each 8 servings with 2 tablespoons of shredded cheese. Enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1.5cups (0.0g)
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 520mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 3.8mg	20%
Potassium 690mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Cost information includes lower cost ingredients found at local grocery store 01/11/22.



Cost Per Recipe	Cost Per Serving
\$11.74	\$1.47

FN1826 (Revised April 2020)

Pinchin' Pennies in the Kitchen

Do It Yourself Spice Mixes



Making your own spice blends is a win-win idea that gives your food a pop of flavor while reducing sodium.

Herbs come from the leaves of shrubs. Spices come from other parts of plants.

All photos by NDSU

Did you know?

Many store-bought spice blends are high in sodium. For example, 1 teaspoon of garlic salt adds about 970 milligrams (mg) of sodium to a recipe, while 1 teaspoon of garlic powder adds only 2 mg of sodium.

Make it your own

Make changes according to what you and your family enjoy for spice level. Try new flavors or stick with your favorites. Experiment with different amounts and varieties of spices and herbs to find the blend that you enjoy most.

Mix it up

When you have an assortment of herbs and spices on hand, you can be creative in your kitchen. Enhance the flavors of baked chicken breasts, vegetable medleys, popcorn, tacos and even everyday burgers with herbs and spices. Create a new dip for veggies, fruit and crackers by adding your favorite seasoning blend to low-fat sour cream or nonfat yogurt.

Tips

- Maintain the flavor of your spices by storing them in a cool, dry, dark place away from the oven, stovetop, microwave and dishwasher.
- For best quality, use ground spices within two to three years and whole spices within three to four years. Use a permanent marker to label the containers with the date of purchase.
- Start with just a small amount of seasoning. Test the recipe to see if it needs additional flavor before adding more seasoning.

Key to abbreviations

c. = cup	oz. = ounce	g = grams
tsp. = teaspoon	lb. = pound	mg = milligrams
Tbsp. = tablespoon		

Mexican Seasoning Blend

- 1½ tsp. parsley, dried
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. oregano, dried
- 1 tsp. black pepper
- 1 Tbsp. chili powder
- 1 tsp. paprika
- 1½ tsp. cumin



Use in soups, ground beef for tacos or in enchiladas.

Ranch Blend

- 2 Tbsp. onion powder
- 2 Tbsp. onion flakes
- 2 Tbsp. parsley, dried
- 1 Tbsp. garlic powder
- 1 Tbsp. dill weed, dried
- ¼ tsp. thyme, dried
- 2 tsp. pepper



Use in stuffed bell peppers or pasta, or on toasted garlic bread.

Italian Spice Blend

- 2 Tbsp. basil, dried
- 2 Tbsp. oregano, dried
- 1 Tbsp. thyme, dried
- 1 Tbsp. rosemary, dried
- 1 Tbsp. garlic powder
- ¼ tsp. onion powder



Use in yogurt as a dip with celery and carrots, or on baked chicken or popcorn.

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