

Chili Con Carne

Serves 6

Portion: 1 cup

Ingredients:

1 1/2 pound lean ground beef

1/4 cup chopped onion

1 pinch minced garlic

15oz canned diced tomato

1 cup tomato puree

1/2 cup water

1 1/2 tbsp chili powder

1/2 tsp cumin

1/2 tsp. salt

1/2 tsp black pepper

9 1/2 pound beans

Instructions

1. Cook beef, onion, and garlic until meat loses pink color
2. Mix tomato and seasonings.
3. Add to beef. Cook until blended
4. Add beans to the mixture. Cover and simmer for 1 hour
5. Add water if chili becomes too thick.

Nutrition (per 1 cup serving)

293 calories

13 g fat

22 g protein

23 g carbohydrate