

Wrangler'S Beef Chili

Serve this classic chili atop whole wheat noodles and offer kids a variety of toppings.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 cup chopped onion
- 1 can (15 ounces) pinto beans, drained and rinsed
- 2 cans (8 ounces) no-salt added tomato sauce
- 1 cup frozen corn
- 1 cup water
- 2 teaspoons chile powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon pepper

Hot cooked whole wheat macaroni (optional)

Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt (optional)



50 Min



4

Servings



42 Cal



32g

Protein

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary.

2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

Cincinnati-Style Beef Chili• Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

Moroccan-Style Beef Chili• Substitute 1 cup frozen peas for corn. Stir in 1 teaspoon pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		15g	68mg		45g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com