

Beef Green Chili

This soul-warming chili is simple to prepare. Using leftover beef Brisket, add onion, jalapeno peppers, garlic, chilies and tomatoes, then simmer to deepen the chili's rich flavors.

INGREDIENTS

12 ounces cooked (leftover) beef Brisket, cubed or shredded
(about 2-1/2 cups)

1 teaspoon olive oil

1 medium yellow onion, chopped

1 large jalapeño pepper, seeded, chopped

4 cloves garlic, minced

3 cups canned diced green chiles

1 can (14.5 ounces) fire roasted diced tomatoes, undrained

2 tablespoons dairy sour cream

Dairy sour cream, tortilla chips, shredded Cheddar cheese,
chopped avocado or guacamole



40 Min



4

Servings



42 Cal



30g

Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Add onion, jalapeño pepper and garlic; cook 5 to 7 minutes or until onion is tender, stirring occasionally.

2. Stir in beef Brisket, chiles and tomatoes; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat. Stir in 2 tablespoons sour cream.

3. Garnish with additional sour cream, tortilla chips, cheese, avocado or guacamole, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		8g	88mg		21g	30g	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