

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	241
PROTEIN	26 G
CARBOHYDRATE	13 G
TOTAL FAT	9 G

PREP TIME:	15 MINUTES
COOK TIME:	60 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6 OF TOTAL RECIPE

INGREDIENTS:

1½ POUNDS	LEAN GROUND BEEF
1 MED	WHITE ONION DICED
2 CLOVES	GARLIC
3 TBSP	CHILI POWDER
1 TSP	GROUND CUMIN
1 TSP	SALT
1 TSP	BLACK PEPPER
1 (14.5 OUNCE CAN)	BEEF BROTH
2 (15 OUNCE CANS)	RED KIDNEY BEANS RINSED
1 (14.5 OUNCE CAN)	DICED TOMATOES
2 (4.5 OUNCE CANS)	GREEN CHILIES
2/3 CUP	FINELY CRUSHED TORTILLA CHIPS
SHREDDED	CHEESE, CILANTRO, SOUR CREAM FOR SERVING



EZ CLASSIC CHILI

- 01 Heat a large pot over medium high heat. Add ground beef and cook until browned, about 5 minutes. After 5 minutes add in the onion and saute 3-5 minutes until tender. Drain any excess grease.
- 02 Add the garlic, chili powder, cumin, salt, and pepper and saute 1 minute more.
- 03 Stir in the beef broth, tomatoes, beans, and green chilies.
- 04 Bring to a boil. Reduce heat to low and let simmer, covered, 45-60 minutes, stirring every 10 minutes.
- 05 Remove the lid and stir in the tortilla chips. Let rest for 10 minutes, uncovered, to thicken.
- 06 Serve topped with cheese, cilantro, sour cream, and more tortilla chips as desired.

