

Lean and Mean Chili With Beans

Servings: 4

RECIPE BOX

This recipe is packed with nutrients, and sure to keep you satiated. In place of tomato juice, try Spicy Organic Very Veggies juice.



INGREDIENTS

1 LB. GROUND BEEF (OPTIONAL)
1 CAN KIDNEY BEANS, RINSED
1 CAN BLACK BEANS, RINSED
1 CAN DICED TOMATOES
1/2 ONION, DICED
1 RED PEPPER, DICED
3 CLOVES GARLIC, MINCED
1 CUP VEGETABLE BROTH
1 CUP TOMATO JUICE SIMILAR TO V8 JUICE
1 TBSP OLIVE OIL
2 TBSP CHILI POWDER
1/2 TSP CUMIN
1 TSP PAPRIKA

DIRECTIONS

STEP 1: In deep skillet add olive oil, garlic, red peppers and onion. Cook until onions are translucent. Remove from skillet, set aside.

STEP 2: Cook ground beef in skillet

STEP 3: Add chili powder and mix with ground beef. Add remaining ingredients, including the onion mix. Simmer covered for 30 minutes. Makes 8 servings.

GF This recipe is gluten free as written. Check all canned goods are Gluten Free.

V Eliminate ground beef.

Nutrition per Serving: Calories 228, Fat 6g, Carbs 21g, Fiber 7g, Sugars 4g, Protein 24g

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