



Beef and Bean Chili Verde

Servings 6 | Prep time 5 mins. | Total time 35 mins.

Equipment:

Cutting board
Can opener
Colander
Large saucepan

Utensils:

Knife
Wooden mixing spoon
Measuring cups and spoons

Ingredients

10 ounces lean (85% or leaner) ground beef OR pork
1 bell pepper, chopped
1 large onion, chopped
1 14.5 ounce can no salt added diced tomatoes with liquid
6 cloves garlic, minced OR 2 tablespoons garlic powder
1 tablespoon chili powder
2 teaspoons ground cumin
1 3/4 cups salsa verde OR 1 16 ounce jar enchilada sauce
1 15 ounce can no salt added (pinto or kidney) beans, rinsed and drained
1 15 ounce can no salt added corn, rinsed and drained
2 cups spinach OR kale (optional)

Nutritional Information:

Calories 220
Total Fat 6g
Sodium 590mg
Total Carbs 30g
Protein 16g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Cook meat in saucepan until brown. Drain fat.
3. While meat is cooking, chop bell pepper and onion. If adding kale, tear or chop into bite size pieces.
4. Add garlic, chili powder and cumin to saucepan. Cook about 15 seconds, until fragrant.
5. Add bell pepper, onion and tomatoes. Cook over medium heat for 8-10 minutes or until onion is softened. Stir frequently.
6. Stir in salsa. Increase heat to high and bring mixture to a boil.
7. Reduce heat to low. Cover and simmer on low heat for 10-15 minutes. Stir occasionally.
8. Add beans and corn. Add spinach or kale if using. Cook until heated through.