



Easy Chili Con Carne

Recipe Source: Food Network

Serves 6-8

Ingredients:

- ½ pound of lean ground beef or turkey
- 1 onion, chopped
- 1 green pepper, chopped
- 1 (28 oz) can diced tomatoes
- 2 (15 oz) cans pinto or red kidney beans, drained
- 1 (8 oz) can tomato sauce
- ½ tsp salt, optional
- 1 tsp cumin
- 1 TBSP chili powder
- 1 bay leaf

Steps:

- In a 6-quart pan, brown ground beef, onion, and green pepper until meat is lightly browned and vegetables are tender. Drain and discard fat (if needed).
- Stir in remaining ingredients. Cover and simmer for 30 minutes to 1 hour. Remove bay leaf before serving.

Tips from the Test Kitchen: You can use any type of bean you would like or add one can of corn.

Nutritional Facts (per serving): Calories: 210, Carbohydrates: 31 grams, Protein: 16 grams, Total Fat: 3 grams, Saturated Fat: 1 grams, Cholesterol: 23 mg, Sodium: 836 mg, Fiber: 9 grams, Total Sugars: 6 grams.