



One Pot Beef and Bean Chili

A quick and easy one pot meal.

<u>U.S.</u>		<u>Metric</u>
1 lb	Ground Beef, 90/10	455 g
1 Tbsp	Oil, canola	15 mL
1/2 each	Onion, diced	55 g
4 cups	Mixed Frozen Vegetables	452 g
2 (15 oz) cans	Reduced Sodium Beans (pinto, black, kidney, red, etc.) not drained	848 g
1 (15 oz) can	Tomatoes, canned, diced	424 g
1 cup	Vegetable or Chicken Stock (look for low sodium, or make your own at home)	237 mL
1/2 tsp	Kosher Salt	2.5 g
2 Tbsp	Chili Powder	18 g
2 Tbsp	Cumin, ground	18 g
2 tsp	Oregano, dried	2 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat a large saucepan over medium-high heat. Add oil. When oil is hot add the ground beef, using a spoon to break the beef up into small pieces.
3. When the beef is no longer pink, add the remaining ingredients and reduce heat to medium.
4. Stir often, keeping on a simmer, for about 30 minutes to allow the flavors to develop and the chili to thicken.
5. To serve, top each serving with 1 Tbsp of cheese and plain yogurt (optional)

Nutrition Facts

Serving size	1 1/2 Cups
Servings	8
Calories	280
Calories from Fat	80
Total Fat	8 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	45 mg
Sodium	220 mg
Carbohydrates	24 g
Dietary Fiber	9 g
Sugars	3 g
Protein	22 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	8 %
Iron	2 %
Phosphorus	10 mg
