



One Pot Beef and Bean Chili

A quick and easy one pot meal that satisfies.

U.S.

1 lb	Ground Beef, 90/10
1 Tbsp	Olive Oil
1/2 each	Onion, diced small
4 cups	Mixed Vegetables, frozen
2 (15 oz) cans	Canned Beans, low sodium (pinto, black, kidney, red, etc.), not drained
1 (15 oz) can	Diced Tomatoes, canned
1 cup	Vegetable or Chicken stock (look for unsalted or use homemade)
1/2 tsp	Kosher Salt
2 Tbsp	Chili Powder
2 Tbsp	Cumin, ground
2 tsp	Oregano, dried

Metric

455 g
15 mL
1/2 each
452 g
2 (425g) cans
1 (425g) can
240mL
3 g
18 g
18 g
2 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat a large sauce pot 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 and cover the pot.
4. Simmer for about 30 minutes, stirring often, to allow the flavors to develop and the chili to
5. (Optional) To serve, top each serving with 1 Tbsp of cheese and plain yogurt.

Nutrition Facts

8 Servings

Serving size 1 1/2 cups

Amount per

Calories 310

Total Fat	10 g
Saturated Fat	3 g
Trans Fat	0 g
	4 g
Cholesterol	50 mg
Sodium	370 mg
Total	28 g
Dietary Fiber	11 g
Total Sugars	1 g
Includes 0 g Added Sugars	
Protein	25 g
Vitamin D	0 %
Calcium	4 %
Iron	15 %
Potassium	477 mg
Phosphorus	192 mg
