



NUTRITION PER SERVING:

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| CALORIES | 241 |
| PROTEIN | 26 G |
| CARBOHYDRATE | 13 G |
| TOTAL FAT | 9 G |

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| PREP TIME: | 15 MINUTES |
| COOK TIME: | 60 MINUTES |

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| YIELD: | 6 SERVINGS |
| SERVING SIZE: | 1/6 OF TOTAL RECIPE |

INGREDIENTS:

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| 1½ POUNDS | LEAN GROUND BEEF |
| 1 MED | WHITE ONION DICED |
| 2 CLOVES | GARLIC |
| 3 TBSP | CHILI POWDER |
| 1 TSP | GROUND CUMIN |
| 1 TSP | SALT |
| 1 TSP | BLACK PEPPER |
| 1 (14.5 OUNCE CAN) | BEEF BROTH |
| 2 (15 OUNCE CANS) | RED KIDNEY BEANS RINSED |
| 1 (14.5 OUNCE CAN) | DICED TOMATOES |
| 2 (4.5 OUNCE CANS) | GREEN CHILIES |
| 2/3 CUP | FINELY CRUSHED TORTILLA CHIPS |
| SHREDDED | CHEESE, CILANTRO, SOUR CREAM FOR SERVING |



EZ CLASSIC CHILI

- 01 Heat a large pot over medium high heat. Add ground beef and cook until browned, about 5 minutes. After 5 minutes add in the onion and saute 3-5 minutes until tender. Drain any excess grease.
- 02 Add the garlic, chili powder, cumin, salt, and pepper and saute 1 minute more.
- 03 Stir in the beef broth, tomatoes, beans, and green chilies.
- 04 Bring to a boil. Reduce heat to low and let simmer, covered, 45-60 minutes, stirring every 10 minutes.
- 05 Remove the lid and stir in the tortilla chips. Let rest for 10 minutes, uncovered, to thicken.
- 06 Serve topped with cheese, cilantro, sour cream, and more tortilla chips as desired.

