



• Lean Choices

• Family Pleasers

Chunky Beef Chili

Ingredients:

- 2 1/2 pounds boneless beef chuck arm pot roast
- 2 tablespoons vegetable oil
- 1 cup coarsely chopped onion
- 1 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 teaspoon salt
- 2 cans (14 1/2 to 16 ounces) Mexican-style diced tomatoes, undrained
- 1 can (6 ounces) tomato paste
- 3 tablespoons chili powder
- 1 teaspoon dried oregano leaves
- 1/4 to 1/2 teaspoon crushed red pepper

Toppings: sliced green onion, drained and rinsed black beans, dairy sour cream, sliced jalapeño pepper (optional)

Instructions:

1. Trim fat from beef. Cut beef into 1/2-inch pieces. Heat oil in stock pot over medium heat until hot. Add beef, onion, bell pepper and garlic (half at a time) and brown beef evenly, stirring occasionally. Pour off drippings.
2. Season beef with salt. Stir in tomatoes, tomato paste, chili powder, oregano and red pepper. Bring to a boil; reduce heat to low. Cover tightly and simmer 1 1/2 hours or until beef is tender.
3. Serve with choice of toppings, if desired.

Makes 8 servings.

Nutritional information per serving: 280 calories; 31 g protein; 15 g carbohydrate; 11 g fat; 5.1 mg iron; 705 mg sodium; 86 mg cholesterol.