

Betty Crocker

Chili



Tasty and spicy chili made with beef and beans - perfect for dinner!

Prep Time
30
Minutes

Total Time
1:50
Hr:Mins

Makes
4
servings

- 1 large onion**
- 2 cloves garlic or 1/4 teaspoon garlic powder**
- 1 lb lean (at least 80%) ground beef**
- 1 tablespoon chili powder**
- 2 teaspoons chopped fresh or 1 teaspoon dried oregano leaves**
- 1 teaspoon ground cumin**
- 1/2 teaspoon salt**
- 1/2 teaspoon red pepper sauce**
- 1 can (14.5 oz) diced tomatoes, undrained**
- 1 can (15 to 16 oz) red kidney beans, undrained**

1. Peel and chop the onion to measure 1 cup. Peel and finely chop the garlic.
2. In a 3-quart saucepan, cook the beef, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked. Place a strainer or colander in the sink; line with a double thickness of paper towels. Pour the beef mixture into the strainer to drain. Return beef mixture to saucepan; discard paper towels and any juices in the bowl.
3. Into the beef, stir the chili powder, oregano, cumin, salt, pepper sauce and tomatoes with their liquid.
4. Heat the mixture to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover with lid; cook 1 hour, stirring occasionally.
5. Stir in the beans with their liquid. Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cook uncovered about 20 minutes, stirring occasionally, until desired thickness.

Makes 4 servings

**Make the Most of This
Recipe With Tips From The
Betty Crocker® Kitchens**

Lighten Up Chili:

Use 1 pound lean ground turkey for the ground beef for chili with 7 grams of fat and 320 calories per serving.

Cincinnati-Style Chili:

For each serving, spoon about 3/4 cup beef mixture over 1 cup hot cooked spaghetti. Sprinkle each serving with 1/4 cup shredded Cheddar cheese and 2 tablespoons chopped onion. Top with sour cream if desired.

Cook's Tip

If you only have chili powder in your cupboard just omit the cumin, oregano and pepper sauce and increase the chili powder to 2 tablespoons.

Draining Cooked Ground Beef

Pour the beef mixture into a strainer lined with a double thickness of paper towels.

Nutrition Information:

1 Serving (1 Serving) Calories 360 (Calories from Fat 120), Total Fat 14g (Saturated Fat 5g, Trans Fat 1g), Cholesterol 70mg; Sodium 720mg; Total Carbohydrate 31g (Dietary Fiber 8g, Sugars 5g), Protein 29g; **Percent Daily Value***: **Exchanges:** 2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 3 Lean Meat; 0 High-Fat Meat; 1 Fat; **Carbohydrate Choices:** 2; *Percent Daily Values are based on a 2,000 calorie diet.

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