BODYELITEFIT

EZ CLASSIC CHILI

NUTRITION PER SERVING:

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

PREP TIME:	15 MINUTES
COOK TIME:	60 MINUTES

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

INGREDIENTS:

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

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.

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