

## NUTRITION PER SERVING:

<b>CALORIES</b>	241
<b>PROTEIN</b>	26 G
<b>CARBOHYDRATE</b>	13 G
<b>TOTAL FAT</b>	9 G

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<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	60 MINUTES

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<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	1/6 OF TOTAL RECIPE

## INGREDIENTS:

<b>1½ POUNDS</b>	LEAN GROUND BEEF
<b>1 MED</b>	WHITE ONION DICED
<b>2 CLOVES</b>	GARLIC
<b>3 TBSP</b>	CHILI POWDER
<b>1 TSP</b>	GROUND CUMIN
<b>1 TSP</b>	SALT
<b>1 TSP</b>	BLACK PEPPER
<b>1 (14.5 OUNCE CAN)</b>	BEEF BROTH
<b>2 (15 OUNCE CANS)</b>	RED KIDNEY BEANS RINSED
<b>1 (14.5 OUNCE CAN)</b>	DICED TOMATOES
<b>2 (4.5 OUNCE CANS)</b>	GREEN CHILIES
<b>2/3 CUP</b>	FINELY CRUSHED TORTILLA CHIPS
<b>SHREDDED</b>	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.

