

CHILI

Serves: 4 | Preparation: 10 minutes | Total: 30 minutes

Difficulty: Easy



INGREDIENTS

- 1 pound lean ground beef or ground turkey/chicken
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 4 medium garlic cloves, minced (or 2 teaspoons garlic powder)
- 1 can (15.5 ounce) can no-salt-added beans of choice, rinsed and drained
- 1 can (14.5 ounce) no-salt-added diced tomatoes
- ¾ cup low-sodium salsa

INSTRUCTIONS

1. In a skillet over medium heat, cook ground beef and onion for 5–7 minutes, stirring frequently to break up the meat.
2. Add peppers, chili powder, cumin, and garlic. Cook for another 5 minutes, stirring occasionally.
3. Stir in beans, tomatoes, and salsa. Bring to a boil, then reduce heat and simmer covered for 20 minutes.

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Adapted from recipes.heart.org