

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Hearty Healthy Chili

Ingredients

- 1 ½ lb stewing beef, cut into 1-inch cubes
- 1 cup each chopped red and green bell peppers
- 1 cup chopped red onions
- 2 cloves garlic, minced
- 3 cups low-sodium, beef broth
- 1 ½ cups salsa
- 1 can (19oz) low-sodium, diced tomatoes undrained
- 1-1/2 tbsp chili powder
- 1-1/2 tsp each ground cumin and dried oregano
- 1 tsp ground coriander
- 1/2 tsp ground black pepper
- 1 can (19oz) black beans, drained and rinsed
- 1 can (19oz) red kidney beans, drained and rinsed
- 1/4 cup chopped, fresh cilantro
- 2 tbsp lime juice
- 1 tbsp honey



Instructions

1. Spray a large saucepan or soup pot with non-stick spray. Add beef. Cook and stir over high heat until beef is browned all over. Add peppers, onions, and garlic. Reduce heat to medium. Cook and stir 4 to 5 minutes, until vegetables begin to soften.
2. Add broth, salsa, tomatoes and their juice, chili powder, cumin, oregano, coriander, and black pepper. Bring to a boil. Reduce heat and simmer, covered, for 1.5 hours, stirring occasionally.
3. Add beans and simmer for 15 more minutes. Remove from heat. Stir in cilantro, lime, juice, and honey. Serve hot.

Nutritional Info (per serving)	Calories: 285
Fat: 5.7g	Saturated Fat: 1.4g
Protein: 28.4g	Carbohydrates: 35g
Fiber: 5.3g	Sodium: 492.6mg

Podleski, J., Martin, T., & Podleski, G. (2011). The big chili. *The Looneyspoons Collection: Janet and Great's greatest recipe hits plus a whole lot more* (p.126) . Granet Publishing.