

#LetsCook30

BEEF CHILI

Chili tastes great on a cool, autumn day. With this quick and simple recipe you will have dinner ready in no time!

Servings: 4

Ready in about: 30 minutes

1 lb	ground beef
1 medium	onion, diced
1 medium	green bell pepper, diced
2 stalks	celery, diced
2 medium cloves	garlic, finely chopped and pressed
2 – 398 mL	beans in tomato sauce
1 – 398 mL	tomato sauce
1/3 cup	water
1 tbsp	chili powder

Nutrition Tips:

To reduce the saturated fat in this recipe, we used lean ground beef.

INSTRUCTIONS:

1. In a large frying pan over medium-high heat, cook ground beef, onion, pepper and celery until beef is brown.
2. Add garlic, cook for approximately 1 minute.
3. Add beans, tomato sauce, water, and chili powder to the beef mixture. Simmer for about 10 minutes.

Adapted from: ontariobbeans.on.ca, Accessed 2019.

PUBLIC HEALTH

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