

10-Minute Chili

Makes 4 servings | Protein • Vegetables

Ingredients

- ½ pound lean, ground beef, turkey, chicken, or game
- 1 small onion, chopped
- 16-ounce can beans (pinto, black, kidney, chickpeas, etc.)
- 16-ounce can tomato sauce
- 1-2 Tablespoons chili powder

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat and onion together in a saucepan. Transfer mixture to colander set over a bowl and rinse with warm water to remove grease. Return to saucepan.
3. Add the beans, tomato sauce, and chili powder to the saucepan.
4. Cook over medium heat until heated through.

Variation

Add vegetables- in step 2, add 1 15-ounce can or 2 cups of fresh or frozen diced tomatoes, corn, or carrots (or a combination).



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.