

Illinois Extension



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Quick Beef Chili



Servings per Recipe: 4

Nutrition Facts

Calories : 200
Total Fat : 4 g
Sodium : 650 mg
Total Carbohydrate : 24 g
Dietary Fiber : 8 g
Protein : 19 g

Ingredients

- ½ pound extra lean ground beef
- 1 can (15 ounces) kidney beans, drained (save liquid)
- ⅓ cup bean liquid
- 1 cup canned tomato puree
- 1 tablespoon dried minced onion
- 1½ tablespoon chili powder

Preparation

1. Wash hands with soap and water.
2. Cook beef in skillet until lightly browned or until internal temperature reaches 160° F on food thermometer.
3. Drain off fat. Stir in remaining ingredients.
4. Bring to boil.
5. Reduce heat, cover and simmer 10 minutes.

Note: May use ground turkey, chicken, pork, venison, or meatless crumbles in place of the ground beef.