

EASY BEEF & BEAN CHILI



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1½ teaspoons extra virgin olive oil, divided
- ★ 1 pound lean ground beef (95% lean, 5% fat)
- ★ 1 large yellow onion, diced (1½ cups)
- ★ ½ teaspoon kosher salt
- ★ Freshly ground black pepper, to taste
- ★ 2 cloves garlic, peeled and minced or finely grated
- ★ ¼ cup tomato paste
- ★ 1 tablespoon chili powder
- ★ ½ teaspoon ground cumin
- ★ ¼ teaspoon ground cinnamon
- ★ 2 chipotle chiles in adobo sauce, finely chopped, plus 2 tablespoons adobo sauce
(NOTE: feel free to halve these amounts if you prefer a more mild chili)
- ★ 2½ cups low-sodium beef broth
- ★ 1 14.5-oz can kidney beans, drained and rinsed
- ★ 1 14.5-oz can pinto beans, drained and rinsed
- ★ 1 tablespoon apple cider vinegar
- ★ Low-fat sour cream, for serving
- ★ Low-fat shredded cheddar cheese, for serving
- ★ Thinly sliced jalapeño, for serving
- ★ Cilantro leaves, for serving
- ★ Lime wedges, for serving

DIRECTIONS

In a Dutch oven or another large, heavy-bottomed pot, heat 1 teaspoon olive oil over medium-high. Add the ground beef to the pan and cook, stirring occasionally, until browned, 5 to 7 minutes. Using a slotted spoon, transfer the cooked ground beef to a paper towel-lined plate to drain.

Meanwhile, add remaining olive oil to the pot, along with the onion. Add salt, plus pepper to taste, and cook, stirring occasionally and adding a splash of water to the pot if it becomes too dry. Cook until the onion is lightly golden and translucent, 8 to 10 minutes. Add the garlic to the pot and cook, stirring until fragrant, 30 seconds to 1 minute. Return the ground beef to the pot and add the tomato paste, chili powder, cumin, cinnamon, chipotle chiles, and adobo sauce. Cook, stirring constantly, until the tomato paste begins to darken, the spices are fragrant, and the ground beef mixture is thoroughly coated, 2 to 4 minutes.

Add the beef broth and beans to the pot and bring to a boil. Reduce the heat to medium-low and simmer uncovered, stirring occasionally, until the chili has thickened somewhat and the beans are tender, about 15 minutes. Stir in the apple cider vinegar, then serve chili garnished as desired with 1 tablespoon sour cream, 1 tablespoon shredded cheddar, jalapeño, cilantro leaves, and lime wedges.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = roughly 1 cup + 1 tablespoon sour cream + 1 tablespoon low-fat shredded cheddar cheese)
570 Calories Per Serving, 13 g Total Fat, 64 g Total Carbohydrates, 50 g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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