

# HEARTY BEEF CHILI



Prep time: **15 minutes**



Cook time: **35 minutes**



Serves **6**

## Ingredients

- 1 tbsp olive oil (or use cooking spray)
- 1 lb extra lean ground beef (93% lean or higher)
- 1 bell pepper (any color), diced
- 2 medium carrots, diced
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ teaspoon onion powder
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper (optional)
- 1 (15-oz) can no-salt-added diced tomatoes
- 1 (15-oz) can no-salt-added tomato sauce
- 1 (15-oz) can low-sodium black beans, drained and rinsed
- 1 (15-oz) can low-sodium kidney beans, drained and rinsed
- 1 cup low-sodium beef or vegetable broth
- Fresh cilantro and plain Greek yogurt (optional garnish)



## Instructions

1. Heat olive oil in a large pot over medium heat. Add the lean ground beef and cook until browned, breaking it into small pieces as it cooks. Remove the beef from the pot and set aside.
2. In the same pot, add the diced onion, bell pepper, and carrots. Sauté for about 5 minutes until softened.
3. Stir in the chili powder, cumin, smoked paprika, garlic powder, black pepper, and cayenne pepper, if using. Cook for 1 minute to toast the spices.
4. Return the cooked beef to the pot. Add the diced tomatoes, tomato sauce, black beans, kidney beans, and broth. Stir to combine.
5. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 30 minutes, stirring occasionally.
6. Serve warm, garnished with a dollop of plain Greek yogurt and fresh cilantro, if desired.



**FOOD AS HEALTH** *Alliance*

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This chili is a warm, comforting dish that's packed with lean protein, fiber, and antioxidants while keeping sodium in check. Extra lean ground beef provides high-quality protein and essential nutrients like iron and zinc to support muscle health and energy, while fiber-rich beans and vegetables promote healthy cholesterol and blood pressure levels. The blend of chili powder, cumin, and smoked paprika builds bold flavor without excess salt, making this a smart choice for cardiovascular health. Finished with a touch of Greek yogurt and fresh cilantro, this meal is hearty, satisfying, and nourishing for both body and heart.

Nutrition Facts	
Portion Size	452 g
Amount Per Portion	
<b>Calories</b>	<b>298</b>
% Daily Value *	
Total Fat 5.8g **	7 %
Saturated Fat 2.3g **	11 %
Cholesterol 48mg **	16 %
Sodium 137mg **	6 %
Total Carbohydrate 33g	12 %
Dietary Fiber 11g **	39 %
Sugar 6.8g **	
Protein 27g	54 %
Vitamin D 0.1mcg **	0 %
Calcium 79mg **	6 %
Iron 4.9mg **	27 %
Potassium 712mg **	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

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