



## Beef & Bean Chili Verde

**Prep: 15 minutes • Cook: 30 minutes**

**Serves: 6**

- 2 teaspoons vegetable oil
  - 2 green and/or yellow bell peppers, diced
  - 1 large red onion, diced
  - 6 garlic cloves, minced
  - 2 tablespoons chili powder
  - 1 tablespoon ground cumin
  - 1 teaspoon dried oregano
  - 1¾ pounds ground beef
  - 2 tablespoons tomato paste
  - 2 cans (4 ounces each) diced mild green chiles
  - 1 cup salsa verde
  - ½ cup water plus additional as needed
  - 1 can (15 ounces) black beans, rinsed and drained
  - 1 can (15 ounces) pinto beans, rinsed and drained
  - ⅛ teaspoon salt
- Sliced green onions, diced tomatoes and/or chopped fresh cilantro leaves for garnish (optional)

**1.** In large saucepot, heat oil over medium heat. Add bell peppers and onion, and cook 5 minutes or until vegetables begin to soften, stirring frequently. Stir in garlic, chili powder, cumin and oregano, and cook 1 minute.

**2.** Increase heat to medium-high. Add beef and cook 8 to 10 minutes or until browned, breaking up meat with side of wooden spoon. Stir in tomato paste and cook 1 minute. Stir in chiles, salsa and water, and heat to simmering. Reduce heat to medium-low. Cover and cook 10 minutes, stirring occasionally. Stir in beans and salt. If chili seems thick, add up to ½ cup additional water. Cook 5 minutes. Serve chili topped with green onions, tomatoes and/or cilantro, if desired.

*Approximate nutritional values per serving: 470 Calories, 25g Fat (9g Saturated), 79mg Cholesterol, 897mg Sodium, 33g Carbohydrates, 9g Fiber, 27g Protein*