



# Heart-Healthy Chili

## Ingredients

- 1 tbsp vegetable oil
- 1 pound 96% lean ground beef
- 1 medium onion, diced
- 4 medium garlic cloves, minced
- 2 tbsp paprika
- 2 tsp cumin
- 1 tsp chipotle powder
- 2 8-ounce cans tomato sauce
- 2 14.5-ounce cans diced tomatoes, undrained
- 2 14.5-ounce cans kidney beans, undrained
- 1 cup frozen corn
- Fresh cilantro, freshly chopped (optional)
- Low fat sour cream (optional)
- Shredded low fat cheddar cheese (optional)

## Directions

1. In a large saucepan, heat oil over medium-high heat, swirling to coat the bottom. Add beef, onions and garlic. Cook for 7 minutes or until the beef is browned on the outside and no longer pink in the center, stirring occasionally to turn and break up the beef.
2. Stir in paprika, cumin and chipotle powder. Cook for 2 minutes.
3. Stir in tomato sauce, tomatoes with liquid, beans with liquid and corn. Bring to a boil. Reduce the heat and simmer for 20 minutes or until desired thickness.
4. Ladle into bowls. Sprinkle with cilantro. Serve with sour cream and cheese.

### *Nutritional value per serving*

337 calories  
6g Fat  
(2g Saturated)  
40mg Cholesterol  
431mg Sodium  
38g Carbohydrates  
(12g Fiber)  
28g Protein



Serves 6  
1 cup/serving



Prep time: 10  
minutes



Cook time: 30  
minutes