

Beef and black bean Chili



Ingredients

2 teaspoons olive oil, separated	10 ounces white mushrooms, quartered	2 tablespoons tomato paste
½ pound lean ground beef (10 percent or less fat)	2 garlic cloves, minced	1.5 tablespoons chili powder
2 yellow onions, chopped	2 14.5-ounce cans diced tomatoes	1 teaspoon ground cumin
2 celery stalks, chopped	1 15.5-ounce can low-sodium black beans, drained and rinsed	1 teaspoon dried oregano
1 carrot, chopped	3 cups low sodium, fat-free vegetable broth	½ teaspoon salt
1 red bell pepper, seeded and diced		½ teaspoon pepper

Directions

Heat a saucepan over medium high heat. Add 1 teaspoon of olive oil and beef. Cook, breaking it up with a wooden spoon until browned, about 3–5 minutes. Drain any fat and set aside.

Add 1 teaspoon of olive oil, onions, celery, carrot, bell pepper, mushrooms and garlic. Cook, stirring occasionally, until vegetables soften (about 8 minutes).

Add beef back to pot, plus the tomatoes, beans, broth, tomato paste, chili powder, cumin, oregano, salt and pepper. Bring to a boil.

Reduce heat and simmer uncovered, stirring occasionally, until the chili is thickened (about 45 minutes).

Optional: Add toppings of your choice, such as scallions, reduced fat sour cream, reduced fat shredded cheese or baked tortilla chips.

Nutritional Information

Serves 4

325 calories
26.3 g protein
8 g fat
40 g carb
14.7 g fiber