



FAST CHILI

Ingredients (8 Servings)

1 lb (0.45 kg)	lean or extra lean ground beef
1 cup	sliced white or red onion
1 cup	diced green bell peppers
1 cup	sliced mushrooms
1 can (28 oz/796 ml)	diced tomatoes (reduced sodium)
1 can (14 oz/398 ml)	tomato sauce (reduced sodium)
2 cans (19 oz/ 540ml)	kidney beans, rinsed and drained
3 tbsp	chili powder

Ingredients (24 Servings)

3 lbs (1.36 kg)	lean or extra lean ground beef
3 cups	sliced white or red onion
3 cups	diced green bell peppers
3 cups	sliced mushrooms
3 cans (28 oz/796 ml)	diced tomatoes (reduced sodium)
3 cans (14 oz/398 ml)	tomato sauce (reduced sodium)
6 cans (19 oz/ 540 ml)	kidney beans, rinsed and drained
9 tbsp	chili powder

Directions

- In a saucepan, over medium heat, cook ground beef. Drain off fat.
- Add onions, green bell peppers and mushrooms and cook until softened, about 5 minutes.
- Add tomatoes, tomato sauce, kidney beans and chili powder.
- Reduce heat and simmer, covered and stirring occasionally for 20-30 minutes.