



beef and bean chili

Beans are full of fiber. Fiber can help prevent diseases such as heart disease and cancer.

- ½ pound lean ground beef
- ½ cup chopped onion
- 2 cans (15 ounces each)
chopped tomatoes
- 2 cups cooked pinto or red beans
- 1 cup water
- 1 cup uncooked macaroni
- 1 teaspoon chili powder



- step 1** Cook ground beef and onions in a skillet until meat is browned. Drain off any extra fat.
- step 2** Add tomatoes (with liquid), beans, water, macaroni and chili powder to beef.
- step 3** Simmer for about 30 minutes or until macaroni is tender. Stir occasionally. Add a little more water while cooking if needed.

Makes 6 servings - One serving (1 cup) has 219 calories, 6 gms fat, 25% calories from fat and 6 gms fiber.

Spice up your chili

Add any of the following:

- red pepper
- cayenne pepper
- black pepper
- more chilli powder

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