

Easy Weeknight Chili

1 pound ground beef
1.25 cups chopped onion
1.25 cups chopped green bell pepper
6 pressed garlic cloves
2 (15 ounce) cans diced no salt stewed tomatoes, undrained
1 (15 ounce) can undrained kidney beans
one 8 ounce can no salt added tomato sauce
1 envelope onion soup mix
1 cup water
3 tablespoons chili powder
1 tablespoon paprika
1 teaspoon hot sauce
6 tablespoons reduced fat cheddar cheese

Cook the first 4 ingredients until the beef is browned and crumbles. Drain if necessary. Add tomato and the rest of the ingredients. Bring to a boil and reduce heat. Cover and simmer for an additional 20 minutes. Recipe makes 6 servings.

Nutrition Information

Each serving = 3 lean meat, 2 starch, 1 vegetable

300 calories
6.6 grams fat
277 mgs. Sodium
52 mgs. Cholesterol
9.5 grams fiber

Source: [501 Delicious Heart Healthy Recipes](#) by [Susan M. McIntosh](#)