

Black Bean Chili

This is a steamy winter warm-up the whole family will enjoy.

Seasoning Mix:

- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp black pepper
- 1 tsp red pepper
- 1 tbsp oregano
- 1 tbsp cumin
- 1 lb. lean ground beef
- 1 28-oz. can (no salt added) crushed tomatoes
- 1 28-oz. can (no salt added) tomato sauce
- 2 medium onions, chopped
- 1 jalapeno pepper, cored and seeded, finely minced
- 2 cloves garlic, minced
- 2 16-oz. cans corn, drained
- 2 16-oz. cans black beans, drained and rinsed

EASY | RECIPE

1. Mix seasonings together.
 2. In a large nonstick pot, sauté beef until browned. Place in a colander and rinse with hot water to remove excess fat; return to pot.
 3. Add seasoning mix and all other ingredients except corn and beans. Simmer for 2 hours.
 4. Add beans and corn during last 20 minutes of cooking.
- Options:** Try other beans or substitute ground turkey breast for beef.



Makes 11½ cups. Per cup:

200 calories | 14g protein | 2.5g total fat | 32g carbohydrates | 8g fibre | 311mg sodium