

Cowboy Chili

Serves 8

1/2 pounds lean ground beef (93% lean)
2 cups chopped onion
1 cup chopped green bell pepper
1 teaspoon salt
2 cups water
1 (28-ounce) cans diced tomatoes
1 (15-ounce) cans red kidney beans, rinsed and drained
Kernels from 1 cob of corn
1 Tablespoons chili powder
1 teaspoon ground oregano
4 ounces dry pasta (wagon wheels preferred)

Directions:

1. In a saute pan over medium heat brown the ground beef until no longer pink.
2. Add the onion, green pepper and salt. Saute until onion starts to turn translucent.
3. Add water, tomatoes, beans, corn, chili powder and oregano. Simmer for 30 minutes.
4. Cook pasta according to package directions; stir into tomato mixture and serve.

Nutritional info per serving: 172 calories, 2g fat, 27g carbs, 5g fiber, 12.5g protein

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction