



Beef Chili

Bold and hearty chili with seasoned beef and beans—comfort in a bowl.

SERVING
SIZE:
2

CALORIES/
SERVING:
590

PROTEIN/
SERVING:
48g

INGREDIENTS

- 8 oz Chili Beef
- 1 can Kidney Beans
- 1 can Sauce
- 1 Yellow Onion
- 1 Green Bell Pepper
- 1 Garlic Clove
- 1 Can Diced Tomatoes

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Recipe Info.



HEAT

1. In a pot over medium-high heat, add 2 Tbsp cooking oil. Once oil is hot add in the diced bell pepper and onion. Saute for 3-4 min.

ADD

1. Add in minced garlic and saute for 1-2 more minutes. Reduce heat to medium.

ADD

1. Add in the tomato sauce and canned diced Tomatoes

RINSE

1. Rinse the can of kidney beans under cold water and add to pot.

ADD

1. Add the cooked chili beef.

SIMMER

1. Allow everything to come to a simmer for 5-10 minutes.

ENJOY

1. Season to taste with salt and pepper or other spices of your choice.
2. Enjoy

