

Soup and chili

Green Chile Chili

Cooking Light

Servings: 4

Preparation Time: 35 minutes

Start to Finish Time: 1 hour 5 minutes

1 tablespoon canola oil
12 ounces ground sirloin
1 1/2 cups onion, chopped
1 tablespoon chili powder
1 teaspoon hot paprika
5 cloves garlic, minced
1 bottle (12 oz) dark beer
1/2 cup salsa verde
1 can (4 oz) diced green chiles, undrained
1 can (15 oz) no-salt-added tomatoes, undrained and crushed
1 can (15 oz) kidney beans, rinsed and drained
1/4 cup n(1 oz) sharp Cheddar cheese, shredded

Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat.

Add beef; saute' for 5 minutes or until no longer pink, stirring to crumble. Add onion, chili powder and paprika; saute' for 4 minutes, stirring occasionally. Add garlic; saute' for 1 minute, stirring constantly.

Stir in beer; bring to a boil. Cook 15 minutes or until liquid almost evaporates. Add salsa, chiles, tomatoes and kidney beans; bring to a boil. Reduce heat and simmer for 30 minutes, stirring occasionally.

Ladle 1 1/4 cups of chili into each of four bowls and top each serving with one tablespoon of cheese. Sprinkle with green onion, if desired.

Per Serving (excluding unknown items): 457 Calories; 21g Fat (41.4% calories from fat); 30g Protein; 38g Carbohydrate; 13g Dietary Fiber; 66mg Cholesterol; 236mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.