

Heartwarming Chili

Servings: 4

1 pound ground beef
1 large onion, chopped
2 cans (16 oz) kidney beans, rinsed and drained
2 cans (14 1/2 oz) diced tomatoes
1 can (8 oz) tomato sauce
1 medium green pepper
3 tablespoons chili powder
1 tablespoon ground cumin
2 cloves garlic, minced
1 teaspoon baking cocoa
1 teaspoon dried oregano
1 teaspoon Worcestershire sauce (optional)
salt and pepper to taste

In a large saucepan, cook beef and onion over medium until the meat is no longer pink; drain.

Add the remaining ingredients; bring to a boil.

Reduce heat; cover and simmer for three hours, stirring occasionally.

Per Serving (excluding unknown items): 741 Calories; 33g Fat (38.7% calories from fat); 44g Protein; 73g Carbohydrate; 28g Dietary Fiber; 96mg Cholesterol; 539mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 5 Fat.