

Quick and Easy Mexican Chili

Dash Magazine

Servings: 6

2 cups unsalted beef stock
3 small red onions, sliced
3 fresh jalapeno peppers, sliced
2 cloves garlic, chopped
2 cups whole corn
1 can (28 oz) crushed tomatoes
1/2 pound 97% lean ground beef
1 can (16 oz) kidney beans, drained
1 1/2 tablespoons chili powder
1/4 cup Monterey Jack cheese, shredded

Heat a large saucepan over medium heat. Brown beef with onion and jalapenos (reserve some fresh jalapeno slices and red onion for garnish).

Add garlic, tomatoes, beans, chili powder corn and beef stock. Lower the heat and simmer for 30 minutes.

Add garnish and serve.

Per Serving (excluding unknown items): 161 Calories; 2g Fat (11.5% calories from fat); 10g Protein; 27g Carbohydrate; 10g Dietary Fiber; 4mg Cholesterol; 68mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.