

Spicy Chunky Beef Chili

Pillsbury Best One Dish Meals - February - 2011

Servings: 7

Preparation Time: 20 minutes

Start to Finish Time: 9 hours 50 minutes

To make the chili less spicy, eliminate the adobo sauce.

1 1/2 pounds boneless beef chuck roast, trimmed of fat and cut into 1/2-inch cubes

1 pound (about 9) unpeeled red potatoes, cut into quarters

2 medium (1 cup) carrots, sliced

1 large green bell pepper, chopped

1 large (1 cup) onion, chopped

2 large cloves garlic, finely chopped

1 can (15 oz) dark red kidney beans, drained and rinsed

1/2 teaspoon salt

3 1/2 cups beef-flavored broth

1 chipotle chile in adobo sauce, finely chopped

1 tablespoon adobo sauce

3 tablespoons packed brown sugar

Spray the bowl of a 4 to 5 quart slow cooker with cooking spray.

In the slow cooker, mix the beef, potatoes, carrots, bell pepper, onion, garlic, kidney beans, salt and broth.

Cover and cook on LOW for 9 to 10 hours.

Stir in the chile pepper, adobo sauce and brown sugar.

Cover and cook on LOW for 30 minutes longer.

Stir well before serving.

Per Serving (excluding unknown items): 59 Calories; 1g Fat (17.9% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 189mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.