

Taco Chili (Slow Cooker)

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Servings: 8

*1 1/2 pounds ground beef
1 packet (1 ounce) taco
seasoning mix
2 cans (10 ounce ea) diced
tomatoes with chilies,
undrained
1 can (15 ounce) chili beans
1 can (15 ounce) red kidney
beans, undrained
1 can (15.25 ounce)
Southwestern corn with
peppers, undrained
1 can (15.25 ounce)
hominy, drained
1 can (10 ounce) mild
enchilada sauce*

Preparation Time: 15 minutes**Cook Time: 4 hours**

Preheat a large nonstick saute' pan on medium-high heat for 2 to 3 minutes. Place the beef in the pan (wash hands). Brown for 5 to 7 minutes, stirring to crumble the meat, until no pink remains. Stir in the taco seasoning. Remove the meat from the pan.

In a slow cooker, combine the tomatoes, chili beans, kidney beans, corn, hominy and enchilada sauce. Stir in the meat.

Cover and cook on HIGH for three to four hours (or LOW for six to eight hours) or until the beef is 160 degrees.

Serve.

SHORT ON TIME:

Simply assemble the chili in a large stockpot and simmer for 18 to 20 minutes on your stovetop until the chili reaches 160 degrees.

Per Serving (excluding unknown items): 368 Calories; 23g Fat (56.8% calories from fat); 20g Protein; 19g Carbohydrate; 4g Dietary Fiber; 72mg Cholesterol; 394mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Fat; 0 Other Carbohydrates.