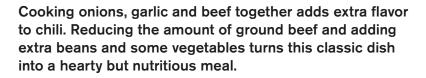
Hearty Beef Chili





- 3/4 lb. lean ground beef
- 3 cloves garlic, minced
- 2 carrots, peeled and diced
- 1 can (15 oz.) tomato sauce
- 1 tsp. ground cumin
- 2 cans (14 oz.) diced tomatoes, undrained
- 1 medium onion, chopped

- 1 large green bell pepper, diced
- 2 Tbsp. flour
- 1 Tbsp. chili powder (or more, to taste)
- 1/2 tsp. dried oregano leaves
- 2 cans (15 oz.) red kidney beans, rinsed and drained



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 320

Fat 8g

Sodium 500mg

Carbohydrate 38g

Dietary Fiber 10g

Protein 25g

Preparation

- 1. In a heavy pot, sauté the ground beef with onion and garlic until beef is no longer pink and onion and garlic are tender.
- 2. Sprinkle flour over mixture; cook and stir for two to three minutes.
- 3. Add remaining ingredients and bring to a boil.
- 4. Reduce heat, cover and simmer for 15 to 20 minutes, until flavors are blended. If too thick, add a little water.

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