

## Wrangler'S Beef Chili

Serve this classic chili atop whole wheat noodles and offer kids a variety of toppings.

### INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1/2 cup chopped onion
- 1 can (15 ounces) pinto beans, drained and rinsed
- 2 cans (8 ounces) no-salt added tomato sauce
- 1 cup frozen corn
- 1 cup water
- 2 teaspoons chile powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- Hot cooked whole wheat macaroni (optional)
- Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt (optional)



50 Min	4	42 Cal	32g
	Servings		Protein

### COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary.

2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

**Cincinnati-Style Beef Chili**• Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

**Moroccan-Style Beef Chili**• Substitute 1 cup frozen peas for corn. Stir in 1 teaspoon pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

### NUTRITION

<b>Serv Size</b>	<b>Calories</b>	<b>Total Fat</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Total Carb</b>	<b>Protein</b>		
4		15g	68mg		45g	32g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com