


Beef Green Chili


This soul-warming chili is simple to prepare. Using leftover beef Brisket, add onion, jalapeno peppers, garlic, chilies and tomatoes, then simmer to deepen the chili's rich flavors.

INGREDIENTS


- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
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- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)




40 Min


4
Servings


42 Cal


30g
Protein

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12 ounces cooked (leftover) beef Brisket, cubed or shredded

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3 cups canned diced green chiles

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2 tablespoons dairy sour cream

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Dairy sour cream, tortilla chips, shredded Cheddar cheese,
chopped avocado or guacamole

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chopped avocado or guacamole

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COOKING

1. Heat oil in stockpot over medium heat until hot. Add onion, jalapeño pepper and garlic; cook 5 to 7 minutes or until onion is tender, stirring occasionally.
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124. Stir in beef Brisket, chiles and tomatoes; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat. Stir in 2 tablespoons sour cream.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		8g	88mg		21g	30g	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