



early childhood community development centre

Fast Chili

Ingredients - Makes 8 servings

- 1 lb lean ground beef
- 1 can stewed tomatoes
- 2 cans beans in tomato sauce
- 2 cans kidney beans, rinsed and drained
- 1 cup slice white or red onions
- 2 cups diced green bell peppers
- 1 tbsp chili powder

Directions

1. In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside, drain fat.
2. Add tomatoes, beans in tomato sauce, kidney beans, onions, green peppers and chili powder.
3. Reduce heat and simmer, covered and stirring occasionally for 20 to 30 minutes.

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD

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