

Chili

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Serving Size – 1 3/4 cups

Blue – 3 points

Green – 6 points

Purple – 3 points

- 1 pound 96% lean ground beef
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 can diced tomatoes (28 oz)
- 1 can tomato sauce (8oz)
- 2 tsp chili powder
- 1 tsp salt
- 1/8 tsp cayenne pepper
- 1/8 tsp paprika
- 1 can kidney beans

1. Cook and stir ground beef, onion and peppers in a large skillet until meat is brown and onion is tender. Drain fat. Stir in remaining ingredients except kidney beans. Heat to boiling, reduce heat, cover and simmer for 2 hours, stirring occasionally. Stir in beans and heat through. This can also be made in a crock pot. Cook the meat/onion/pepper in a skillet. Then add meat and all ingredients to a crock pot. Cook on low for 8 hours or 4 hours on high.