

Beef and Bean Chile Verde

November 2024 Recipe

Makes: 6 servings



Ingredients

⅔ lb. 90% lean ground beef
1 large bell pepper (chopped)
1 large onion (chopped)
6 garlic cloves (chopped)
1 Tbsp. chili powder
2 tsp. ground cumin
14.5 oz. can low-sodium diced tomatoes
1 ¾ cups green salsa or enchilada sauce
15 oz. can low-sodium pinto or kidney beans (rinsed and drained)

Nutritional information for 1 serving

Calories	201
Total fat	6 g
Saturated fat	2 g
Cholesterol	32 mg
Sodium	630 mg
Carbohydrate	23 g
Dietary fiber	7 g
Total sugars	6 g
Added sugars included	0 g
Protein	15 g

Directions

- 1.** Place meat, bell pepper, tomatoes and onion in large saucepan. Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
- 2.** Add garlic, chili powder and cumin; cook until fragrant (15 seconds).
- 3.** Stir in salsa and bring to a boil.
- 4.** Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
- 5.** Add beans and cook until heated.