

Beef & Bean Chile Verde

Ingredients:

- 1 lb 93% lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 Tbsp chili powder
- 2 tsp ground cumin
- ¼ tsp cayenne pepper, or to taste
- 1 16-oz jar green salsa, green enchilada sauce, or taco sauce
- ¼ cup water
- 1 15-oz can pinto or kidney beans, rinsed

Preparation:

1. Cook beef, bell pepper, and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

Makes 4 servings

Per Serving (1 ½ cups):

Calories: 307

Fat: 8 g

Protein: 27 g

Carbohydrates: 29 g

Cholesterol: 64 mg

Sodium: 516 mg

Fiber: 6 g