Two-bean chili



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

8

Serving size

1 1/2 cups

Time to make

20 minutes preparation; 25 minutes cook time

Special criteria

Family Favorites

Ingredients

- 1 pound ground beef
- 1 onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon coriander
- 1 1/2 teaspoons chili powder
- 1 15-ounce can diced tomatoes
- 2 8-ounce cans tomato sauce
- 2 cups water
- 1 14-ounce can black beans, drained
- 1 14-ounce can kidney beans, drained
- 1 cup raw sweet potato, grated
- 1/2 cup green pepper, chopped
- 1 small zucchini or summer squash, chopped
- Salt and pepper (to taste)

Directions

- 1. Brown the ground beef, onion, celery, carrots, and garlic in a large saucepan.

 Drain and rinse to reduce the fat content.
- 2. Add the rest of the ingredients, except for the salt and pepper. Mix well and add water if the chili is too thick.
- 3. Cook for about 10 minutes until the vegetables are cooked and the flavor has blended. Season with salt and pepper if needed.

Tips and variations

• For a well-rounded meal, serve with a garden salad and whole wheat bread.

- You can substitute other ground meat or meat substitute in this recipe as needed. Try it with ground turkey, chicken, or bison, or with reconstituted textured vegetable protein.
- Leftover chili stores well. Eat within 2-3 days. Alternatively, freeze leftovers in individual or double portions for a quick microwave meal. When reheating leftover chili, bring it to a boil.

Nutritional info

Calories

271

Total fat

12 g

Saturated fat

4 g

Cholesterol

40 mg

Sodium

856 mg

Total carbohydrates

27 g

Dietary fiber

8 g

Protein

16 g

Total sugar

8 g

View other recipe categories

- Beverages
- Breads
- Breakfast
- Main dishes
- Salads
- Seasonings and salsa

- Side dishes
- Snacks and sweets
- Soups

You may also like

