



Kristi's Hearty Chili

INGREDIENTS

- 3 lbs 96/% lean ground beef
- 1 large onion
- 1 green bell pepper
- 1 yellow bell pepper
- 1 orange bell pepper
- 4 Tbsp chili powder
- 3 Tbsp garlic, minced
- 1 tsp salt
- 1 tsp pepper
- 30 oz red kidney beans
- 30 oz cannellini beans
- 28 oz crushed tomatoes
- 1 cup tomato sauce
- 3 Tbsp Worcestershire sauce
- 30 oz diced tomatoes with green chiles (just use diced tomatoes if you don't like a lot of heat) 2 Tbsp hot sauce, optional, for additional spice

NUTRITION FACTS

Serves: 18

Amount Per Serving (1 cup)

- Calories 187
- Total Fat 4 g
- Saturated Fat 1 g
- Cholesterol 40 mg
- Sodium 582 mg
- Carbohydrate 18 g
- Dietary Fiber 5 g
- Sugars 6 g
- Protein 20 g
- myWW Blue: 2sp
- myWW Purple: 2sp
- myWW Green: 4sp

DIRECTIONS

1. Finely mince onion and bell peppers.
2. Cook ground beef and drain/rinse any grease.
3. Combine onions, peppers and ground beef in large stock pot.
4. Add garlic, salt, pepper, chili powder, and Worcestershire sauce.
5. Stir until well combined.
6. Add crushed tomatoes, kidney and cannellini beans (undrained), and diced tomatoes.
7. Add 1 cup tomato sauce, more or less to your desired consistency.
8. Add hot sauce, if desired.
9. Combine well.
10. Simmer over low heat for 2 hours, stirring occasionally (or cook on low in slow cooker for up to 8 hours).
11. Top with green onion, sour cream, and cheese, or toppings of choice (additional points/calories)

YIELDS 1 CUP PER SERVING

Recipe can be found at
<https://planningushealthy.com/kristis-hearty-chili>