

# Beef and Bean Chili

## Heart Healthy Recipe of the Month

### Warm up with Beef and Bean Chili!

*Source: Keep the Beat Heart Healthy Recipes from the National Lung, Blood & Heart Institute*

*Number of Servings: Nine 8oz servings*

#### Ingredients:

2lb lean beef stew meat, trimmed  
of fat, cut in 1-inch cubes  
3 Tbsp olive oil  
2 C water  
2 tsp garlic, minced  
1 large onion, finely chopped  
1 Tbsp flour  
2 tsp chili powder  
1 green pepper, chopped  
2 lb (or 3 C) tomatoes, chopped  
1 Tbsp oregano  
1 tsp cumin  
2 C canned kidney beans  
rinsed with water

#### Directions

1. Brown the meat in a large skillet using half of the olive oil. Add water, simmer and cover for 1 hour until meat is tender.
2. Heat remaining olive oil in another skillet. Add garlic & onion. Cook on low heat until onion is softened. Add flour and cook for 2 minutes.
3. Add garlic-onion-flour mixture to cooked meat.
4. Add remaining ingredients to meat mixture. Simmer for 30 minutes.

#### Nutritional Content:

Calories: 284  
Total fat: 10g  
Saturated fat: 2g  
Cholesterol: 76 mg  
Sodium: 162 mg  
Total fiber: 4 g  
Protein: 33 g  
Carbohydrates: 16 g