



ThompsonsBeans.com

Country Chili

A country kitchen favorite

1 lb (500 g) lean ground beef
2 garlic cloves, minced
2 cups (500 ml) onion, chopped
1 green pepper, chopped
2 celery stalks, chopped
7 oz (398 ml) can of tomato sauce
28 oz (540 ml) can of tomatoes, halved
4 cups (1 L) red kidney beans, cooked
1 tbsp (15 ml) chili powder
1 tsp (5 ml) Worcestershire sauce*
1 tbsp (15 ml) lemon juice
pinch of salt and pepper

*gluten-free brand required

Directions: In skillet, cook ground beef until browned.

In a medium soup pot, heat oil and sauté garlic, onion, green peppers and celery about 5 minutes.

Add ground beef, tomato sauce, tomatoes, chili powder and Worcestershire sauce. Cook 10 minutes on medium heat and add beans. Bring to a boil and season with salt and pepper.

Nutritional Info per serving

Energy 167 kcal, Protein 13 g, Fat 6 g, Saturated Fat 2 g, Cholesterol 28 mg, Carbohydrates 16 g, Fibre 6 g, Sodium 431 mg

Recipe compliments of OntarioBeans.on.ca

Note: *Dry beans are harvested in their natural state and are processed with care. However, please sort, examine and rinse beans prior to cooking.*