

Weeknight Chili

Prep Time: 60 Minutes | Makes: 6 servings

Ingredients

- 1 pound lean ground beef or ground turkey
- 1 cup chopped onion
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1 can (14 1/2 oz.) diced tomatoes with garlic
- 1 can (14 1/2 oz.) tomato sauce
- 1 cup water
- 1 to 2 tablespoons chili powder
- 1 1/2 teaspoons dried basil leaves or dried oregano leaves
- 1/4 teaspoon pepper



Directions

- In Dutch oven or large pot, cook ground beef or turkey and onion over medium heat until the meat is no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat in pan and pouring off any liquid.
- Stir beans, undrained tomatoes, tomato sauce, water, chili powder, basil (or oregano) and pepper into meat mixture.
- Cook meat mixture, uncovered, over medium-high heat until boiling. Reduce heat. Gently boil about 20 minutes, stirring occasionally.
- Ladle into 6 soup bowls.

