

Easy Skillet Chili

Serves 10

- 1 pound ground meat (beef, chicken or turkey)
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 (14.5-ounce) can tomatoes, chopped with juice
- 2 (15-ounce) cans beans (black, pinto, kidney or any other bean)
- 1 (10.75-ounce) can condensed tomato soup + 1 soup can of water

1. Brown meat and onion in a skillet, cooking on medium-low heat for 5 minutes; stir often. Drain grease from pan.

2. Add chili powder and stir, cook for 3-5 minutes. Add tomatoes, drained beans and tomato soup. Add water. Stir and simmer for at least 30 minutes.

3. Refrigerate leftovers within 2 hours.

Nutrition information for 2/3 cup serving: calories 170, total fat 4g, saturated fat 1g, sodium 520mg, carbohydrates 20g, dietary fiber 4g, protein 13g.

Recipe from www.foodhero.org

