

# Beef and Bean Chile Verde

**Makes:** 6 Servings

## Ingredients

**2/3 pound** ground beef (90% lean)  
**1** bell pepper, large (chopped)  
**1** onion, large (chopped)  
**6** garlic cloves (chopped)  
**1 tablespoon** chili powder  
**2 teaspoons** ground cumin  
**1 can** diced tomatoes, low-sodium (12 ounces)  
**1** jar green salsa (or enchilada sauce, 16 ounces)  
**1 can** pinto or kidney beans (rinsed and drained, 15 ounces)

## Directions

1. Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
2. Add garlic, chili powder and cumin, cook until fragrant (15 seconds).
3. Stir in salsa and bring to a boil.
4. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
5. Add beans and cook until heated.