

Quick Chili (FDD)

Rating: ★★

Makes: 4 Servings

This simple chili uses basic ingredients to make a protein-packed main dish. Serve with bread or pour over rice or potatoes for a quick, easy meal!

Ingredients

- 1 cup** low-sodium tomato sauce
- 1/2 pound** ground beef (or ground turkey)
- 1 can** low-sodium kidney beans with liquid (about 15 oz)
- 1 tablespoon** dried onion (or 1/4 cup chopped onion)
- 1 1/2 tablespoons** chili powder

Directions

1. In a large skillet, cook ground beef until browned. 2. Drain off any fat. 3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder. 4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Recipe adapted from SNAP-ED Connection Recipe Finder