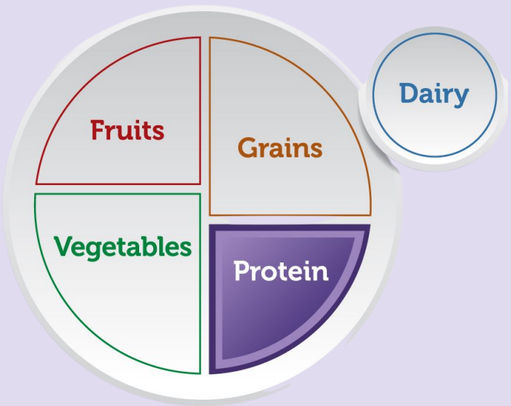

Recipe Highlight: Protein

EASY SKILLET CHILI

Makes 10 servings
Serving size: 2/3 cup

Adapted from FoodHero
https://foodhero.org/recipes/easy-skillet-chili

Ingredients

Protein:
1 pound lean ground meat - beef, chicken, or turkey (15% fat)
2 cans (15 ounces each) beans, drained and rinsed (try black, pinto, kidney, or others)

Vegetables:
1 onion, chopped (about 1 cup)
1 can (14.5 ounces) tomatoes, chopped with juice
1 can (10.5 ounces) condensed tomato soup

Seasonings:
2 teaspoons chili powder
Additional seasonings of choice

Directions

1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown meat and onion. Cook on medium-low heat (275 degrees in an electric skillet) for 5 minutes. Stir often. Drain grease from pan.
2. Add chili powder and stir. Cook for 3-5 minutes.
3. Add tomatoes, drained beans, and tomato soup.
4. Add 1 soup can of water; stir and simmer for at least 30 minutes.
5. Serve topped with a sprinkle of cheese or small spoonful of sour cream

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