Chili Con Carne

Ingredients:

1 cup dry or canned (rinsed and drained) kidney beans
1 pound lean ground beef or ground turkey
1 medium onion, chopped
1 green pepper, chopped
1 clove garlic, minced
1 8-ounce can no-salt tomato sauce
¾ cup water
½ teaspoon chili powder
½ teaspoon salt, if desired

Directions:

1. If using dry beans, cooking directions: Wash the beans and boil in 4 cups of water for 2 minutes in a covered pot. Turn off heat and soak for 1 hour. Boil for an additional one hour or until tender.

   If using canned beans, follow the instructions on the label of the can (rinse and drain).

2. In a large frying pan, cook meat over medium heat until well cooked. If using beef, drain fat from the frying pan. Then add chopped onion, green pepper, and garlic. Cook for a few minutes, stirring constantly.

3. Add kidney beans, tomato sauce, water, and chili powder to the meat mixture. Add salt if desired. Stir well.

4. Cover the pan and simmer for 15 minutes.

Serve with rice.

Yields 6 servings

Source: Cornell University Cooperative Extension in New York City

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.