

## Chili with Beef, Vegetables and Beans



*Looking for a hearty and flavorful chili recipe? Packed with savory beef, a medley of vegetables, and nutritious legumes, this recipe is a satisfying and nutritious option. Get cooking and warm up with a bowl of this delicious chili.*

Preparation 20 min

Cooking 90 min

Servings 5

Nutrition Facts (per serving)

Calories 400

Fat 15

Carbohydrates 36

Fibre 8

Protein 28

Sodium 435

### **Ingredients**

- 30 ml (2 tbsp) olive oil
- 3 cloves garlic, finely chopped
- 1 onion, chopped
- 625 ml (2 ½ cup) peeled and diced carrots
- 1 large yellow or orange pepper, diced

- 450 g extra lean ground beef
- 1 can (540 ml (19 oz) can) red beans, rinsed and drained
- 1 can (796 ml (28 oz) can) diced tomatoes
- 1 can (156 ml (5.5 oz) can) tomato paste
- 500 ml (2 cup) water
- 10 ml (2 tsp) ground cumin
- 10 ml (2 tsp) paprika
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) cinnamon
- 5 ml (1 tsp) ground coriander
- 2.5 ml (1/2 tsp) Cayenne pepper
- 2.5 ml (1/2 tsp) garlic powder
- 2.5 ml (1/2 tsp) ground ginger
- 2.5 ml (1/2 tsp) dried oregano
- Salt and pepper to taste
- 125 ml (1/2 cup) fresh coriander, chopped (optional)
- 1 avocado (optional)

## Preparation

1. In a large pot, heat the oil over medium-high heat and add the garlic and onion. Cook for about 5 minutes, stirring constantly.
2. Add the ground beef and cook for about 10 minutes before adding the carrots, peppers, mushrooms, spices and oregano. Cook for about 5 minutes, with stirring. Season with salt and pepper to taste.
3. Add the diced tomatoes, tomato paste and water. Bring to a boil and simmer for about 40 minutes or until vegetables are tender and chili's consistency is thick. Stir from time to time.
4. Add the red beans, and cook for another 5-10 minutes.
5. Remove the pan from the heat. Adjust the seasoning. Pour the chili into bowls and add the coriander and 2-3 thin slices of avocado (optional).

## Notes



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