

Easy Weeknight Chili

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-kidney-soup-recipe>

Ingredients:

- 1 pound lean ground beef I use 10% lean
- 1 tablespoon extra-virgin olive oil
- 1 onion medium, chopped
- 1 green pepper chopped
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1/2 teaspoon italian seasoning
- 1/4 teaspoon ground black pepper freshly
- 1 can kidney light, black, or pinto beans, drained
- 14 1/2 ounces diced tomatoes
- 8 ounces tomato sauce
- 15 ounces beef broth or equivalent concentrated beef bouillon dissolved in 15 oz. water

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 450 milligrams
9. Sugar: 7 grams

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