

EASY BEEF CHILI

Total preparation and cooking time: 30 minutes

- 1 package (12 ounces) refrigerated fully-cooked ground beef crumbles**
- 1 can (15 ounces) chili hot beans in chili sauce, undrained**
- 1 can (14-1/2 ounces) chili-style chunky tomatoes, undrained**
- 1 cup frozen corn**
- 1/4 teaspoon pepper**

Toppings:

- Shredded Mexican cheese blend or Cheddar cheese**
- Dairy sour cream**



1. OPEN the ground beef crumbles package using scissors. PLACE beef, beans, tomatoes, corn and pepper in a 2-quart microwave-safe casserole. STIR with a rubber spatula to mix well.
2. COVER the casserole. MICROWAVE on HIGH 6 minutes.
3. **Adult help needed: Careful! Casserole will be very hot.** Using pot holders, STIR carefully with rubber spatula. MICROWAVE on HIGH 4 to 6 minutes longer or until the chili is thoroughly heated.
4. **Adult help needed: Careful! Casserole will be very hot.** Using pot holders, REMOVE the casserole from the microwave. LET STAND 3 minutes, covered.
5. **Adult help needed: Careful! Casserole will be very hot.** Using pot holders, carefully REMOVE the casserole cover and STIR the chili with rubber spatula.
6. SERVE the chili with the cheese and sour cream.

Makes 4 servings (about 1-1/4 cups each).

Yummy Serving Ideas: *Serve the chili on top of corn chips in a bowl. Spoon it over your favorite macaroni noodles or over a fluffed-up baked potato half. Serve it with tortilla chips to use as scoopers.*

Nutrition information per serving, excluding toppings: 367 calories; 28 g protein; 33 g carbohydrate; 15 g fat; 1,323 mg sodium; 60 mg cholesterol; 4.8 mg niacin; 0.3 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 4.4 mg iron; 4.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron and zinc, and a good source of vitamin B₆.

You Will Need

Scissors
can opener
1-cup dry measure
large spoon
2 small bowls

measuring spoons
2-quart microwave-safe
casserole with cover

rubber spatula
pot holders