

Quick & Easy Tailgate Chili for 8



1 pound	95% lean ground beef, white chicken or turkey
1 large	onion, diced
2 large	green bell peppers, diced
1 medium	Jalapeno, finely diced (optional)
1 Tablespoon	minced garlic (jar)
2 Tablespoons	chili powder
2 Tablespoons	ground cumin
1 teaspoon	ground coriander
2 15 ounce cans	no-salt added or low sodium kidney beans and/or pinto beans
2 14.5 ounce cans	no-added salt or low sodium diced tomatoes (undrained) (or use 2 pounds or 10 – 12 diced fresh tomatoes)
1 ½ cups	salsa (look for lowest sodium)

1. Coat a heavy soup pot or large sauce pan with non-stick cooking spray. Over medium-high heat cook and stir ground meat and onion about 6 minutes to brown.
2. Remove from heat, transfer to a colander to drain excess fat. Return meat to pan.
3. Add pepper, garlic, chili powder and cumin. Cook for 5 minutes, stirring occasionally.
4. Add remaining ingredients, bring to a boil. Reduce heat to low, cover and simmer for 20 minutes. (If using fresh tomatoes you may prefer to cook a bit longer.)

