



Saucy Beef Chili

1. Prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 can (16 oz) chili beans in sauce, undrained
- 1 can (14.5 oz) petite diced tomatoes, undrained
- 1½ cups water
- 1 can (6 oz) tomato paste
- 1 pkt (1.48 oz) chili seasoning mix

Combine in large resealable plastic bag. Freeze for up to three months.

2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into **(10-in.) Skillet** and bring to a simmer over medium heat.

(If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Spoon chili into bowls.
- Top with shredded cheddar cheese, sliced green onions or sour cream, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):
Calories 260, Total Fat 8 g, Saturated Fat 3 g, Cholesterol 50 mg,
Carbohydrate 27 g, Protein 21 g, Sodium 980 mg, Fiber 6 g

Serving Suggestions: This chili can be served on top of baked potatoes or with purchased cornbread, if desired.