

Beef and Bean Chili



main meals

POINTS® Value: 6

Servings: 8

Preparation Time: 28 min

Cooking Time: 40 min

Level of Difficulty: Moderate

Chili is easy party food. Just leave the pot on the stove over low heat (or in a slow cooker) and offer a variety of toppings on the side: chopped scallions, low-fat shredded cheddar and reduced-calorie sour cream.*

Ingredients

2 tsp olive oil
1 medium onion(s), chopped
2 medium stalk(s) celery, chopped
2 medium garlic clove(s), minced
1 small jalapeno pepper(s), seeded and minced**
1 pound(s) lean ground sirloin
2 tbsp chili powder
2 tsp ground cumin
1 tsp dried oregano
2 piece(s) bay leaf
1/2 tsp table salt
1/2 tsp red pepper flakes, or more to taste
28 oz canned crushed tomatoes
1 cup(s) canned beef broth, reduced-sodium
8 oz canned tomato sauce
30 oz canned kidney beans, rinsed and drained
1/2 cup(s) shallot(s), chopped

Instructions

Heat oil in a large stockpot over medium-high heat. Add onion, celery, garlic and jalapeño; sauté until tender, about 4 minutes. Add beef and sauté until browned and cooked through, breaking up meat as it cooks, about 5 minutes; drain mixture through a colander to remove excess fat.

Return beef mixture to pan (set over medium-high heat) and add chili powder, cumin, oregano, bay leaves, salt and red pepper flakes; stir to coat vegetables and beef with spices. Add tomatoes, broth, tomato sauce and beans, and bring to a boil; reduce heat and simmer, partially covered, for 30 minutes.

To serve, discard bay leaves, ladle chili into bowls and top with chopped shallots. Yields about 1 heaping cup per serving.

Notes

*Could affect **POINTS** values.

**To avoid skin irritation, do not touch seeds with bare hands.

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