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**Prevent and Protect**  
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## **Green Chile Chili**

*Cooking Light – The Enlightened Cook/Budget Cooking*

### **Ingredients:**

- 1      tablespoon canola oil
- 12     ounces ground sirloin
- 1 ½    cups finely chopped onion
- 1      tablespoon chili powder
- 1      tablespoon hot paprika
- 5      garlic cloves, minced
- 1      12 ounce bottle dark beer
- ½     cup salsa verde
- 1      (4-ounce) can diced green chiles, undrained
- 1      (15-ounce) can no-salt-added tomatoes, undrained and crushed
- 1      (15-ounce) can organic kidney beans, rinsed and drained
- ½     cup (1 ounce) shredded sharp cheddar cheese
- 1      green onion, sliced

Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add beef; sauté for 5 minutes or until no longer pink, stirring to crumble. Add chopped onion, chili powder, and paprika; sauté 4 minutes, stirring occasionally. Add garlic, sauté for 1 minute, stirring constantly.

Stir in beer; bring to a boil. Cook 15 minutes or until liquid almost evaporates. Add salsa and the next 3 ingredients (through beans); bring to a boil. Reduce heat, and simmer for 30 minutes, stirring occasionally.

Ladle 1 ¼ cups chili into each of 4 bowls, and top each serving with 1 tablespoon cheese. Sprinkle with green onion.

Yield: 4 servings

**CALORIES 310; FAT 10.6g (sat 3.3g, mono 1.5g, poly 4.4g); PROTEIN 24.1g; CARB 25.1g; FIBER 4.3g; CHOL 52mg; IRON 4.8mg; SODIUM 575mg; CALC 95mg**