

## **PINTO BEAN CHILI**

1 tsp oil  
1 green pepper, diced  
1 onion, chopped fine  
1 tbs fresh jalapeno pepper, seeded and chopped  
or ½ tsp dried hot peppers  
24 ounce can stewed tomatoes  
16 ounce can pinto beans, drained and rinsed  
16 ounce can kidney beans, drained and rinsed  
1 cup no-added-salt beef broth  
2 tbs chili powder  
2 tsp cumin  
garnish: nonfat sour cream

In a large stock pot or Dutch oven saute` pepper, onion, garlic, and jalapeno in oil until vegetables are soft. Add all remaining ingredients and bring to a boil. Reduce heat to a simmer for 10 minutes and serve with nonfat sour cream as a garnish on the side.

SERVINGS: 8 – 1 ½ cups each

CALORIES: 136

CARBOHYDRATES: 26 grams

FAT: 1 gram

EXCHANGES: 2 vegetables, 1 starch