

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