

# Chilly Day Beef Chili

Total Recipe Time: On High Setting: 6-1/2 hours; On Low Setting 9-1/2 hours

Makes 6 to 8 servings



## INGREDIENTS

1. 2-1/2 pounds boneless beef chuck or round, cut into 1/2-inch pieces
2. 2 cans (15-1/2 ounces each) black beans, rinsed, drained
3. 1 can (15-1/2 ounces) chili-style tomato sauce with diced tomatoes
4. 1 medium onion, chopped
5. 2 teaspoons chili powder
6. 1 teaspoon salt
7. 1 teaspoon ground cumin
8. 1/2 teaspoon pepper
9. 1 cup prepared thick-and-chunky salsa

Toppings:

1. Shredded Cheddar cheese, diced red onion, diced green onion, diced avocado and dairy sour cream

## INSTRUCTIONS FOR CHILLY DAY BEEF CHILI

1. Combine all ingredients except salsa and toppings in 4-1/2 to 5-1/2-quart slow cooker; mix well. Cover and cook on HIGH 5-1/2 to 6 hours, or on LOW 8 to 9 hours, or until beef is tender. (No stirring is necessary during cooking.)
2. Just before serving, stir in salsa; cook 2 to 3 minutes or until heated through. Serve with toppings, as desired.

## NUTRITIONAL INFORMATION FOR CHILLY DAY BEEF CHILI

**Nutrition information per serving:** 404 calories; 12 g fat; 91 mg cholesterol; 710 mg sodium; 32 g carbohydrate; 42 g protein; 6.0 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 6.2 mg iron; 8.7 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc.