

Corn and Black Bean Beef Chili

Prep 5 mins
Cook 40 mins
Yields 9 servings



Extra-lean ground beef Onion Sweet pepper Canned diced tomatoes Canned black beans Chili powder Ground cumin Frozen corn

Shopping List

Ingredients

1 lb (500 g) extra lean/lean ground beef sirloin or extra lean/lean ground beef

1 large onion, diced

1 large sweet pepper, diced

2 tbsp (30 mL) chili powder

1 tsp (5 mL) ground cumin

1 can (28 oz/796 mL) diced tomatoes

1 can (14 oz/398 mL) tomato sauce

1 can (19 oz/540 mL) black beans, drained and rinsed

1½ cup (375 mL) frozen corn kernels

Instructions

- 1. Cook beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium heat until meat is thoroughly cooked and any liquid has evaporated.
- 2. Stir in tomatoes, tomato sauce, beans and corn.
- 3. Cook over medium-high heat until boiling. Reduce heat to medium; simmer, covered, for 30 minutes, stirring occasionally.

Chili Enchiladas: Spread 2 cups (500 mL) chili in13 x 9 inch (3 L) baking dish; set aside. Spoon ½ cup (125 mL) chili onto centre of each of 8 small flour tortillas. Roll up; place seam side down in baking dish. Spoon remaining chili over enchiladas. Sprinkle with 1 cup (250 mL) shredded Cheddar cheese. Bake in 350°F (180°C) oven for 30 minutes. Makes 8 enchiladas.



Corn and Black Bean Beef Chili



This recipe is a snap to pull together with simple pantry ingredients. Use it to fill tortillas and bake as a casserole (as in the Chili Enchiladas instructions) or just serve from the pot with wedges of baked tortilla. If you prefer a fiery version, add a teaspoon or so chopped canned chipotle peppers.

Chili recipes are basically lean if they start with lean ground beef. For heart-healthy improvements, we used lean beef, no-oil frying when cooking the meat and vegetables and increased the veggie content.

If you add some chopped fresh dill near the end of cooking, it plays up the fresh vegetable flavours.

Excellent source of iron (26% DV) and zinc (33% DV).

Nutrition Facts per serving					
192					
16 g					
5 g					
24 g					
573 mg					

notes			

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/corn-and-black-bean-beef-chili/