

MEATY MAN CHILI

Serves 6 at 7 SmartPoints

Ingredients:

1 tbs. olive oil

1 lb. ground lean beef (90/10)

1 lb. ground turkey (93/7)

1 large onion, small diced

2 poblano peppers, seeded and small diced

1 red bell pepper, seeded and small diced

3 garlic cloves, minced

1 -14 oz. can of diced tomatoes

2 tbs. chili powder

1 tbs. paprika

1 tsp. cumin

2 cans kidney beans, rinsed

1 to 2 cup water

Salt and pepper to taste

Heat the oil in a large sauce pan and add meat. Cook until brown, stirring occasionally and season lightly with salt and pepper, about 5 to 6 minutes. Add onion, peppers, and garlic, and cook 4 to 5 more minutes. Add tomatoes, spices and 1 cup of water. Bring to a boil, and then reduce to a simmer and let cook for about 20 minutes. Add beans and a bit more water if it looks too dry. Let cook for another 20 to 25 minu