

# Easy Chili

*Meat, salsa, corn, beef broth and beans are the foundation for this incredible quick favorite chili.*

**MAKES 6 TO 8 SERVINGS**

- 2 pounds ground sirloin
- 1 teaspoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 (16-ounce) jar chunky salsa
- 1 (16-ounce) package frozen corn
- 2 (14½-ounce) cans seasoned beef broth
- 1 (15-ounce) can pinto beans, drained and rinsed

In a large pot, brown the meat and garlic until the meat is cooked through. Drain any excess liquid. Add the chili powder, cumin, salsa, corn, beef broth, and beans. Bring the mixture to a boil, reduce heat and cook for 15 minutes.

### ***Nutrition information per serving***

*Calories 266, Protein (g) 29, Carbohydrate (g) 25, Fat (g) 7, Calories from Fat (%) 22, Saturated Fat (g) 2, Dietary Fiber (g) 5, Cholesterol (mg) 60, Sodium (mg) 848, Diabetic Exchanges: 3 lean meat, 1½ starch, 1 vegetable*

### **DOC'S NOTES:**

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Meat provides protein and iron while the corn and beans are a good source of vitamin C, and folacin.

HIGH CALORIE  
HIGH PROTEIN