



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
meadowmaidfoods.com/recipes (307) 534-2289

Ground Beef and Pinto Bean Chili

This is a quick, affordable chili recipe that feeds a crowd.

Ingredients

1 pound lean ground beef
1 medium onion, chopped
2 garlic cloves, finely chopped
1 Tbsp. chili powder
1 Tbsp. ground cumin
2 cups chicken broth, beef broth, or water
1 cup fresh or frozen corn kernels
1-2 cups fresh vegetables, cut into small cubes
e.g., carrots, butternut squash, summer squash or zucchini, sweet red peppers
1 (15-ounce) can black beans
1 (14.5 ounce) can diced tomatoes or 2 cups peeled, diced tomatoes
1 cup salsa
Optional toppings: sour cream, salsa, chopped green onions, chopped cilantro

Directions

In a large pot over medium-high heat, saute onion until onion is translucent. Add meat and garlic to pan. Cook and stir until meat is browned. Sprinkle mixture with chili powder and cumin. Stir to blend.

Add remaining ingredients (except optional toppings) and simmer, covered, stirring occasionally, 15-20 minutes, or until vegetables are cooked through.

Serve hot, with toppings if desired.