

# BITS and BITES

## Chili with Red Beans Recipe

### ingredients

- 1 medium onion, diced
- ½ pound of lean ground beef or ground turkey
- 1 can of light red kidney beans, rinsed and drained
- 1 can of dark red kidney beans, undrained
- 1 can of corn, rinsed and drained
- 28 ounces canned diced tomatoes
- 2 tablespoons of taco seasoning (see attached recipe)
- salt (optional)

### Directions

1. Cook meat over medium heat until browned in a large pot.
2. Remove meat and drain fat (another option is to pat with a paper towel to absorb fat).
3. Wipe pan to remove fat and cook onion until soft.
4. Add the cooked meat, beans, corn, tomatoes, and seasoning.
5. Bring to a boil then reduce to a simmer for 10-15 minutes. Stir occasionally.
6. If needed, add salt to enhance the flavor (optional).

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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## Taco Seasoning Recipe

### Ingredients

- 1/3 cup chili powder
- 3 tablespoons paprika
- 3 tablespoons ground cumin
- 1 tablespoon oregano
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne

### Directions

Combine all ingredients & store in a plastic container.

**NC STATE** EXTENSION



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