Dinner Tonight!

Slow Cooker Fiesta Chili

1 Tablespoon olive oil   3 Tablespoons tomato paste
1 cup diced onion    2 (15.5 ounce) cans diced tomatoes, Chili style
1 medium green pepper, diced  2 cups water
1 envelope chili seasoning   2 (15.5 ounce) cans black beans, drained & rinsed
1 pound lean ground beef (90% lean) 1 1/2 cup frozen corn kernels

In a skillet, sauté onion and green pepper in olive oil until tender. Add ground beef and cook thoroughly. Stir in chili seasoning. Transfer beef mixture to a large crockpot. Stir in tomato paste, tomatoes, and water. Heat on low for 6-8 hours or until mixture is bubbly. Turn crockpot to high and add black beans and corn kernels and cook another 1 to 1 1/2 hours until mixture returns to a full simmer.

Preparation Time: 30 minutes plus crockpot time
Serves: 8
Cost Per Serving: $1.75

Nutrition facts per serving
Calories: 264
Total Fat: 8 g
Cholesterol: 1 mg
Sodium: 615 mg
Total Carbohydrate: 29 g
Fiber: 6 g
Protein: 19 g

Serve with: tossed green salad, Corn tortillas, corn muffins,