Dinner Tonight!
Beef and Black Bean Chili

1 pound ground round
2 15-ounce cans no-salt-added black beans, undrained
1 cup medium or hot chunky salsa
2 8-ounce cans no-salt-added tomato sauce
1 Tablespoon chili seasoning mix
Low-fat sour cream, optional
Shredded reduced-fat Cheddar cheese, optional

Cook meat in a large saucepan over medium-high heat until browned, stirring until meat crumbles. Drain if necessary. While meat cooks, drain and mash 1 can of beans. Add mashed beans, undrained beans, salsa, tomato sauce and seasoning mix to saucepan; stir well. Cook over medium heat 10 minutes or until heated thoroughly.

Spoon into serving bowls. If desired, top with sour cream and shredded cheese.

Preparation Time: 5 minutes
Cook Time: 15 minutes
Serves: 7
Cost per serving: $1.35

Nutrition facts per serving (without optional ingredients):
Calories: 236
Fat: 4 g
Protein: 23 g
Carbohydrate: 28 g
Fiber: 5 g
Cholesterol: 38 g
Sodium: 229 mg

Serve with: Baked tortilla chips and fruit salad (canned in own juice pineapple chunks, grapes, oranges and apples) for dessert.

NOTE: Adjust chili seasoning mix to your taste. The amount shown makes a very mild chili. The sodium content will increase with the addition of more chili seasoning.