

Chili - Low in Fat

Taste Of Home Magazine

Serves: 4



Easy and low fat. "This zesty chili really hits the spot on cool fall days," confirms Jenet Moore of Ogdenburg, New York.

Ingredients

1 medium red or white onion, chopped
¼ cup green bell pepper, chopped
4 cups water, divided
1 (16 oz) can navy beans, rinsed and drained
1 (6 oz.) can unsalted tomato paste
1 (14 oz.) can canned tomatoes, no-salt added, diced and undrained
3 tablespoons chili powder
1 teaspoon sea salt
½ teaspoon fresh ground black pepper

Cooking Method

In a large saucepan...

1. Cook the onion and green pepper in ½ cup water until tender.
2. Add beans, tomato paste and tomatoes.
3. Stir in chili powder, salt, pepper, and remaining water.
4. Bring to a boil.
5. Reduce heat.
6. Cover and simmer for 20 minutes.